Lindsay Messina

**Description:**

Creator & Founder of The DIVAS and Fitness Cover Model Inc., Modeling and Competition Coach, Fitness Personality, Wellness Expert, Host, Personal Trainer

**Stats**

Height: 5’3 Weight: 106 Eyes: Green Hair: Blonde Shoe: 6

**Classes**

Power Pump, Urban Rebounding, Bosu Ball, Abs, Cardio Boot Camp, and Lower Body Bands**,** Functional**,** Plyometrics, Total Body Sculpting, and Circuit Training.

**Covers**

Oxygen Magazine; November 2008, March 2009, August 2009, December 2010

Fit and Firm; April 2010. Natural Muscle Magazine; June 2010. Status Magazine; March 2011,; The CHALLENGE Magazine; Muscle and Fitness HERS

**Print Modeling**

Abs Diet for Women Book (Rodale), Women's Health Magazine, Runner World Magazine

Lady Foot Locker, Shape Magazine, Fitness Magazine, Muscle and Fitness, Muscle and Fitness HERS, Prevention, UnderArmour, 101 Workouts for Women Book, Ab Flyer, Ab Coaster, Ab Roller Revolution, Knockout Abs, Full Circle 6, Apartment Therapy, AOL Black Voices, Natural Muscle Magazine, Status Magazine, Reps Magazine, Blogger for Oxygen Magazine, Columnist for Oxygen Magazine.

**Print Expert**

Fashion Week magazine Interview with MSN, Oxygen Magazine, Oxygen Special Edition, Apartment Therapy, AOL Black Voices, Natural Muscle Magazine, Status Magazine, Reps Magazine.

**Promotions**

BSN Arnold Classic, BSN GNC, Champion Nutrition Olympia, Oxygen Arnold Classic, Dream Tan

**On Camera/Host**

Bosu, Ab Flyer, QVC, Knockout Abs, Fitness America, Fitness Universe, Blog talk radio, ViSalus promotional videos

**Acting Classes**

Brooke and Mary

**Fitness Accomplishments**

**2006**

Ms Bikini Atlantic Short Class and Overall Winner

3rd place FAME Fitness Model NYC

Ms. Bikini NY

Runner up Ms. Bikini America World Championships

Runner up Model America World Championships

**2007**

Ms Bikini Atlantic Short Class Champion and Overall Winner

Top 5 Ms. Bikini Universe Championships

Runner up Ms. Bikini America World Championships

Runner up Model America World Championships

**2008**

3rd Place Fitness Atlantic

3rd Place Fitness Universe

Top 5 Ms. Bikini Universes

Ms. Bikini America Short Class Champion

Fitness America Champion

**2012**

WBFF Ms. Bikini DIVA World Champion

**2013**

WBFF Ms. Bikini DIVA World Champion

**Talents**

Dancing, Rollerblading, Running, Hiking, Swimming, Jumping, Cheerleading, Biking, Cycling, Boxing