

SUCCESS, COMEBACK, GOALS

Helle Trevino

IFBB Women's Bodybuilding Pro

Age: 48

Training Coach: Gina Cavaliero

Nutrition Coach: David DeMesquita

Social Media: Instagram @HelleTrevino

Mobility Coach: Nick Chan

Competition Highlights:

2022 Olympia: 3rd Place

2021 Olympia: 2nd Place

2019 Tampa Pro: 1st Place

2x IFBB Pro League WOS Rising Phoenix Pro Champion: 1st Place (2017, 2019)

2015 IFBB WOS Chicago Pro: 1st Place

2011 IFBB FIBO Power Pro Germany: 1st Place

2003 Jan Tana Pro Classic: 1st Place

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I had the pleasure of interviewing IFBB Women's Bodybuilding Pro Helle Trevino. Her surprise qualification for the 2003 Olympia, the injury that made her believe she might never step on stage again, her comeback, and the new goals she's setting her sights on is a story that illustrates Helle's determination to fulfill her dreams on stage and beyond.

THE BEGINNING

I'm originally from Denmark. I began training when I was 16 years old. I'm 48 now. Growing up I was always active, horseback riding, martial arts, and track and field. My weight training journey actually began in gym class at school. I didn't enjoy playing sports like volleyball or basketball, so I asked to lift weights instead and they allowed a group of us to do that. I loved it, so when I began college, I joined a gym. I went every day and was just amazed that I had the control to shape my body the way I wanted, unlike playing sports which your body develops for that specific sport. For example, a long-distance runner will be super thin or a sprinter will have bigger quads. With weight training, I get to decide.



When someone suggested I compete, I bought all the magazines and books to learn as much as I could, especially about eating right. I educated myself and began living the bodybuilder lifestyle early on. It was exciting going to all the fitness expos and bodybuilding competitions and watching the athletes on stage and I decided, I'm going to do it. I was 22 and I found some people to help me prepare for my first show, The Danish Nationals, in 1998, and I won. Next, I qualified for the Scandinavian Championships and I won that, too.

THE MIDDLE

After turning pro, I made my IFBB Professional League debut in 2003 at the Jan Tana Pro Classic. I went in with no expectations and came out the overall winner qualifying for my first Olympia. I placed 5th at the Olympia and unfortunately after that I suffered a really bad back injury. I thought I might never compete again. It was 2011 before I stepped on stage again at the FIBO Pro in Germany. Once again, I won and qualified for the Olympia. I didn't want to waste any more time. I had renewed hope for a career and moved to Venice Beach, California in 2012.

The 2014 Olympia was the last year the Olympia offered Women's Bodybuilding. Jake Woods stepped up to provide a platform for women to compete creating the Rising Phoenix World Championships. I won it twice, in 2017 and 2019. Women's Bodybuilding returned to the Olympia in 2021 where I placed 2nd. I went to Mexico for a well-deserved vacation during which time I tore two tendons in my shoulder requiring immediate surgery. I stayed in Mexico for six months completing my rehab. I went to Dubai to train in preparation for the Olympia. I had the opportunity to use a machine called Neuxtech, which helps establish neuropathways and activates the muscle to be able to work properly again. It really helped me train at the intensity I needed. There are certain exercises I can't do, I always do some type of rehab and I see a chiropractor regularly. Even with a shorter training year, I placed 3rd. But more importantly, I needed to get back on stage after the shoulder injury to build my confidence.

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Photo By SEAN NELSON

Next, I went to Denmark to spend time with my family. COVID had made it difficult to travel home, so it had been a long time since I had seen my family. I also traveled across Europe doing personal training and seminars, including private mental training focusing on strengthening the mind.

Helping others transform their bodies really brings me joy. I've teamed up with two other IFBB Pros, Irene Anderson and Gina Cavaliero to offer online training and some personal training for both competitors and lifestyle clients. Our company is called @Team4Procoaching. It has allowed us to travel. I'm currently in Brazil and before that I was in Columbia where I received stem cell injections. I enjoy being in different countries and everything is less expensive. As for training, I have experienced many injuries and learned how to work around them. I've had shoulder, back, knee injuries and even twisted my ankle several times. All those things affect mobility and having experienced them I can share that knowledge with my clients. At 48 and being in the sport for 21 years, I'm very competitive and I'm still in the Olympia. There aren't many who can say they competed against legends like Lenda Murray, Iris Kyle and Vickie Gates and still compete today.

FUTURE

My goal is to win the Olympia. Since 2020 I've placed no less than 3rd. This year is about just optimizing everything. I don't have any injuries, I feel great. The stem cells have helped tremendously and keeps getting better. I have a really good team this year. David is amazing, Gina trains me every day. I'm using the Neuxtech machine. I have Nick Chan, Mobility Coach in Toronto. It's about training smarter now and my body is responding well. I'm not willing to sacrifice my health for it, but I'm leaving no stone unturned. This year is about winning.



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What do you think it's gonna take for you to win?

I'm going to have to bring my best. I can't cut any corners. I can't be a little bit off. I have to have an impeccable routine. I have to work hard on my poses. I have to bring the right combination of size, symmetry and femininity that the judges want to see. I'm working hard to bring my arms up and my overall shape. Shape is what's trending right now. Smaller waists and femininity to keep the women differentiated from the men.



Where do you see your business going?

We want to be a strong women's team. While we coach both males and females, we feel like there are many things that only females understand. Your anatomy is different, your system is different and your body experiences change differently than a man's body does. This is especially important for females who are wanting to gain muscle. There's nothing like having a strong foundation of bodybuilding. The three of us have that; we understand what it takes to engage and shape muscle. We truly look at each person to dissect what they need. It's about creating a quality of muscle that can only be achieved over time. It's a process. Our team has a lot of knowledge to share and we are providing one-on-one programs that include all aspects of training from day one to the stage and everything inbetween, or helping someone transform their body for their health or even a special occasion.

It'll be really exciting to see your business grow and see you three evolve as you brand your business. What you are creating goes well beyond the stage. As a team, the three of you can affect many people so they can live and be their very best.