AthletesWorld

A BURBAYNE™ MAGAZINE

WINTER 2026

FEATURED ATHLETE PROFILE

Charlene Cooper

Personal Trainer / Coach based in Keller, TX, United States

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Charlene Cooper, Personal Trainer / Coach based in Keller, TX, United States

ABOUT CHARLENE

Charlene is a personal trainer/coach based in Keller, TX, United States with an interest in Fitness / Gym. Charlene is open to exploring new brand partnerships, sponsorships, and other opportunities.

ATHLETE PROFILE

Name	**Charlene Cooper**
Location	**Keller, TX, United States**
Athlete Status	**Personal Trainer / Coach**
Sports / Activities	**Fitness / Gym**
Available for Opportunities	**Yes**

Charlene's fitness journey has always been a part of her life, but her passion for health and wellness took on a deeper meaning after facing some of life's most difficult challenges. Nearly a decade ago, multiple miscarriages led to a prolonged battle with depression, eventually accompanied by serious health struggles, including type 2 diabetes, high blood pressure, obesity, perimenopause, insomnia, and overwhelming physical and emotional exhaustion. Despite trying to remain strong on the outside, Charlene found herself struggling internally. Even after returning to exercise and attempting to improve her nutrition, she felt stuck. It wasn't until her husband and daughter encouraged her to seek help that she began taking the necessary steps toward reclaiming her health, happiness, and confidence.

Charlene's transformation was not an overnight success story, but rather a journey of patience,

perseverance, and personal growth. With the right support, a renewed commitment to fitness, and healthier lifestyle choices, she gradually began rebuilding her physical and emotional well-being. Through every challenge, she discovered that true wellness goes beyond workouts and nutrition — it also requires prioritizing mental health, practicing self-care, and recognizing when to ask for help. Although her journey continues, Charlene has turned her personal experiences into a powerful motivation to help other women facing similar struggles.

Today, Charlene is passionate about empowering women to take control of their health, rediscover their confidence, and embrace their strength at every stage of life. She wants women to understand that they don't have to accept feeling defeated, overwhelmed, or disconnected from themselves. Her approach encourages sustainable lifestyle changes without extreme restrictions, helping women feel healthy, strong, beautiful, and confident in their own skin. Charlene's story is a powerful reminder that setbacks do not define your future, healing takes courage, and it's never too late to reclaim your health, rediscover your worth, and create a life that makes you feel truly alive.

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