AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Nina Waldman

Personal trainer / coach based in Las Vegas, Nevada, United States

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ABOUT NINA

Nina is a personal trainer / coach based in Las Vegas, Nevada, United States with a background in fitness / gym, hiking, cycling, yoga, pilates, boxing, walking / power walking, and water sports. She is open to exploring new brand partnerships, sponsorships, and endorsement opportunities.

ATHLETE PROFILE

Name	**Nina Waldman**
Location	**Las Vegas, Nevada, United States**
Athlete Status	**Personal Trainer / Coach**
Sports / Activities	**Fitness / Gym • Hiking • Cycling • Yoga • Pilates • Boxing • Walking / Power Walking • Water Sports**
Available for Opportunities	**Yes**

Nina Waldman is a lifelong fitness enthusiast, bikini competitor, entrepreneur, Pilates instructor, life coach, and wellness educator whose passion for helping others has shaped nearly three decades of inspiring work. With a strong belief that health and happiness begin with intentional choices, Nina has dedicated her career to empowering individuals to become stronger, healthier, and more confident in every aspect of their lives. As the founder of Body In Mind and creator of Bootylates, her signature fitness program now celebrating its 10th anniversary, she has built a career around combining physical fitness with mental well-being and personal development. Through her innovative approach to movement and wellness, Nina encourages people to recognize their potential and understand that meaningful transformation begins from within.

Beyond her work in fitness, Nina has developed an impressive background as an author, certified grief counselor, entrepreneur, and life coach, helping individuals navigate personal challenges, professional obstacles, and major life transitions. Her approach recognizes that true wellness extends far beyond physical appearance, encompassing emotional resilience, mental strength, and the ability to adapt through life's challenges. Whether she's guiding clients through fitness programs, offering personal coaching, or leading wellness retreats, Nina focuses on creating sustainable change through small, consistent daily habits. Her dedication to helping others reflects her belief that lasting success isn't achieved through quick fixes, but through patience, self-awareness, and a commitment to personal growth.

As a bikini competitor, Nina continues to lead by example, challenging herself physically and mentally while embracing the discipline, determination, and resilience required in competitive fitness. She firmly believes that age should never determine someone's ambitions or limit what they can accomplish. Her own journey demonstrates that personal growth and athletic achievement can continue throughout every stage of life. Today, Nina remains passionate about inspiring others to take control of their health, build confidence, and pursue their goals with purpose. Her story is a reminder that transformation doesn't happen overnight — it's built through the small decisions we make every day. Guided by her philosophy of "Habits • Health • Motivation," Nina continues to empower others to embrace their potential, overcome limitations, and create healthier, more fulfilling lives.

Athletes World Magazine

Athletes World™ is an independent global magazine dedicated to sports, fitness, and lifestyle, featuring athletes, coaches, trainers, and industry professionals alongside stories on training, nutrition, wellness, and industry news.

Published by Athletes World Magazine - A Burbayne publication

November 14, 2026

https://athletes.world/winter-2026/nina-waldman-featured-athletes-las-vegas