AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Sunny Monroe

Fitness Enthusiast based in Riverside, United States

ATHLETES WORLD
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Sunny Monroe, Fitness Enthusiast based in Riverside, United States

ABOUT SUNNY

Sunny is a fitness enthusiast based in Riverside, United States with an interest in Fitness / Gym. Sunny is open to exploring new brand partnerships, sponsorships, and other opportunities.

ATHLETE PROFILE

Name	**Sunny Monroe**
Location	**Riverside, United States**
Athlete Status	**Fitness Enthusiast**
Sports / Activities	**Fitness / Gym**
Available for Opportunities	**Yes**

At 54 years old, Sunny is a passionate fitness enthusiast, entrepreneur, author, and beauty professional who believes that living a healthy lifestyle is the foundation for personal growth and success. With years of dedication to staying active, eating well, and maintaining a consistent fitness routine, she has made health and wellness an essential part of her everyday life. Inspired by other fitness professionals, Sunny continues to challenge herself, stay motivated, and demonstrate that age is no barrier to maintaining strength, confidence, and vitality.

Beyond her commitment to fitness, Sunny has embraced her entrepreneurial and creative passions. She is the proud owner of Sunshines Coffee, an online coffee brand found at sunshinescoffee.store, and the author of Love and Poems, showcasing her love for creativity and self-expression. Her diverse talents also

extend into the beauty industry, where she has pursued her passion as a licensed manicurist. Through each of these ventures, Sunny continues to build a life centered around independence, ambition, and personal fulfillment.

For Sunny, success is about embracing every opportunity to grow while inspiring others to live healthier, more confident lives. Whether she's working out, building her business, writing, or exploring her passion for beauty, she approaches life with determination and positivity. Her journey is a reminder that it's never too late to pursue your dreams, invest in yourself, and create a lifestyle filled with purpose and possibility.

Athletes World Magazine

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