

Yenny Polanco's Bio

Last Updated Tuesday, 07 June 2011 14:02



Yenny Polanco has accomplished a great deal in her 31 years of life, and dedicated a lot of time to the fitness industry by competing, judging Fitness and Figure comps, hosting a Fitness radio talk show in the past, and training others. As well as giving daily guidance to those seeking knowledge in exercise and nutrition. She has gone from being a Cosmetologist, to opening her own Hair Salon business (2001-2006), to being a 2x Golden Gloves Boxing Champion! And a former Public Access T.V. Producer (in 2003 produced a make-over show called 'Re-Inventing Yourself'). She is the Spokes Model for Cortibalm! Big dreams made into reality for a little Dominican girl who came to America not knowing the English language. Multi-faceted, talented, and a natural athlete. Yenny Polanco is a true Renaissance young woman.

Yenny Polanco is an IFBB Athlete! She is an AFPA Certified Personal Fitness Trainer, CPR and American Red Cross Certified, Licensed Board Certified Cosmetologist and former Hair Salon Owner (Polanco Hair Salon: 2001-2006), 2x Light Flight weight Golden Gloves Boxing Champion, and Former Public Access T.V. producer. Yenny produced a non-profit Make-over show called "Re-Inventing Yourself" in which she did a complete make-over on chosen volunteers.

"Since July 2005 I have been training very hard, preparing for Fitness and Figure competitions on a Professional and National level". - Y.P.

Yenny has participated in more than 40 competitions since April of 2005, the year of her first competition. Since that time, Yenny has alternated between Fitness and Figure competition preparation, balancing her time in the the gym with her opportunities to perform.

Achieving some early successes in 2005, 2006 & 2007 in various Natural Body Building and Fitness organizations, led Yenny a fantastic year in 2008. Among her successes were 2 first runner up placements in the IFPA Figure Pro shows and her first International Championship in "Figure America" in November 2008. This hard work paid off not only in competitive success, but also major national exposure and new sponsorships.

"I go after what my heart desires and have been able to achieve my goals thru hard work, determination, preparation and staying focus on my goals." - Y.P.

A very smart man once told me that "**LUCK, IS THE ABILITY TO RECOGNIZE AN OPPORTUNITY WHEN THE OPPORTUNITY PRESENTS ITSELF!**" - Yenny.