BELMONT ALUMNI WINS MS. FITNESS USA

Denver, CO., September 15 – Denver resident and Colorado native Susan Benz was crowned champion of the 2009 Ms. Fitness USA competition on September 10, 2008 in Las Vegas, Nevada. Benz competed against 40 of the nation’s fittest female athletes and was subsequently named the fittest woman in the United States. Benz also competed in the international Ms. Fitness World competition on September 11 and was awarded third place.

Ms. Fitness athletes participate in three rounds of competition: a 90-second routine consisting of choreographed strength, flexibility, and endurance; a physique round where the women are judged on their muscle tone and shape; and a speech round where the women are judged on their poise, grace, and public speaking skills. The athletes must qualify to compete in the national Ms. Fitness USA competition by placing at regional Ms. Fitness competitions held throughout the country.

Benz is a 26 year old gymnastics coach and kids club attendant for 24 Hour Fitness. She has been participating in Ms. Fitness competitions for three years. Last year she made the highest jump in the history of the competition, placing 27th in 2007 and then 3rd in 2008. Benz graduated from Belmont University in 2005.