

Fab
over 40

SHE BELIEVED SHE COULD, SO SHE DID

MEET WINNER TERI COLEMAN

Fab Over 40 is a competition that celebrates women over the age of 40 who prove that ‘fabulous’ is something that is possible at every age.

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COCO CHANEL ONCE SAID, “A girl should be two things: classy and fabulous.” And that is exactly what the Fab Over 40 finalists are: Teri Coleman, a classic beauty with an enlightened soul; and Darlene Quinn, a pageant queen with a passion for helping the community. Each living their best life through clean eating, exercise, and adventure; each with fierce femininity advocating for causes that support the greater good. Introducing the Fab Over 40 winner and runner-up.

Teri Coleman lights up every room she enters. Her subtle yet enchanting demeanor has a calming effect that welcomes positive vibes. She is the ultimate southern charmer with an

accent that melts hearts from Georgia to her current residence in Prescott, Arizona.

With the help of supporters across the globe, Coleman ended up taking the coveted Fab Over 40 crown. “I would never want to single out any one of my supporters, but each of them helped me finish strong, and for that, I am truly indebted.” And by “finish strong,” she means winning the whole shebang.

This competition celebrates women like Coleman who are unapologetically confident and who face their age head-on. “Don’t look at the calendar, just keep celebrating each day as if you will not have tomorrow. Always look at your age as just a number and nothing else. I am 50, but I



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don’t feel it,” she said with a subtle fierceness. “The key to staying young is to keep moving and have a clean-eating lifestyle. Exercise is a big part of my daily routine—I either hike 8-10 miles or work out at my home gym. I mix it up. I take collagen and Ancient Nutrition bone broth, and I drink lots of water every day.”

Coleman feels that what we put in our bodies reflects our outward appearance. She is a skincare junkie and uses high-end products from brands like Lavelier, Lucrece, Eminence, Obaji, Forever Flawless, SkinMedica, Kaplan MD, and Empire Tech (red-light therapy). Her game-changer, though, is SkinBetter Science.

A deep sense of adventure is also something that keeps Coleman young at heart as she plans on skydiving her way through the next couple of decades. “Adventure should have been my middle name—I am always up for one, and I passed that on to my daughter (you are welcome, Denise). She is my ride or die as far as adventure goes.”

Not only is Coleman fearless but her friends say she is honest, caring, fun, humorous, considerate, and brave—all traits she has passed onto her kids. “I would say that my biggest achievement is that I raised my two beautiful children and got them to adulthood despite being a young mother. I had to be mom AND dad for many years. I taught them to be respectful, and, even now as adults, they will answer to everyone in the ‘yes ma’am, no ma’am, yes sir, no sir’ fashion. I taught them that if you’re thankful, show it; if you love someone, tell them; if you’re wrong, admit it; if you’re stuck, ask for help; if you made a mistake, apologize; if you fall, get back up and try again,” she expressed with the warmth of a loving mother. “I don’t know what I would do without them in my daily life. My children used to believe that my kisses healed their wounds, but what they never knew was that their hugs healed mine... and still do.”

Retired and grateful, Coleman is at the point in her life where everything feels right. “My heart is calm, and my soul is enlightened. I try to keep my thoughts positive and my vision clear. I am at peace with where I have been, with what I have been through, and with where I am headed.”

FUN FACTS

Coleman loves to cook, enjoys sipping on a good Cabernet, is infatuated with numbers, has a closet full of sexy heels she isn’t afraid of wearing with jeans, loves ‘80s music, and watches Meet Joe Black any chance she gets.



SHE SHINES, SHE SPARKLES

MEET RUNNER-UP: DARLENE QUINN

THIS STUNNING PAGEANT QUEEN/ceramic artist/tech company exec has intense passion for empowering women, helping the community, and increasing breast cancer awareness. What's more, though, is her role as a loving mother, wife, and daughter. She has a vibrant personality and an empathetic soul, and she is an inspiration to women as they mature.

"There are so many facets of my life that lend themselves to my celebration of life. I have a degree from Pepperdine University and am an executive business management director for Expert EMS, the tech company that my husband and I own," said Quinn of one of the many fulfilling aspects of her life.

On the opposite spectrum, this So-Cal beauty turns heads and wins hearts walking the pageant stage. "When I turned 50 three years ago, I committed myself to saying 'Yes.' Yes to big opportunities; yes to help make the world a better place; and yes to making my family-life even more fulfilled." This pledge to herself was the springboard for many lovely things including a newfound pageantry life. "I did my very first Classic International Woman in 2018, which is geared toward mature women 45+." After taking home the crown, Quinn eventually became brand ambassador for the Ms. and Mrs. Universe pageant and went on to compete in the Ms. International pageant in Dec. 2021.

"It's interesting because there is the stigma of pageant girls being superficial. People have it all

wrong. Pageant girls care very much about community, and the stage offers us a platform to be a louder voice. I want to get deeper into the community in terms of recovery and what that looks like to society," she said of her devotion to her charity work. "I've been involved in women's recovery for the last 30 years, and I give my time to New Directions for women. I like to help women turn their lives around and see change. I like to see them saying yes to a clean, sober, and productive life where they can be their best possible selves and be the women they were always meant to be."

She is also dedicated to another important cause—one that aligns with the Fab Over 40 charity component—breast cancer awareness. "I pick charities where my own life has been impacted. Every year, I do Bingo for Boobies in support of breast cancer research. I have two aunts and two close friends who have lived under the terror of the disease."

Quinn is a person of great integrity who lives her life thinking about and meeting other people's needs and trying to help others.

But it's not all business and charity. She lives a chic, elegant existence and isn't afraid of getting older. "It's



OK to age gracefully and practice acceptance. We have wisdom about ourselves and the journey that we've walked through, and that brings us confidence in who we are. I think age should be celebrated more than doubted," she said.

Quinn's lifeline is her family. She talks highly of her brother and adores her husband, but when she talks about her children, there is tender emotion in her voice. "My daughter Alyssa is my best girl friend. My bond with

to care about others from my father. He's extraordinary in the community. The Utah National Guard gave him the Minuteman Award. My parents, Paul and Jane, are my greatest supporters."



Fab Over 40, LLC donated 75% of the net proceeds from the Competition to National Breast Cancer Foundation (NBCF). Recognized as one of the leading breast cancer organizations in the world, NBCF is Helping Women Now® by providing early detection, education, and support services to those affected by breast cancer. A recipient of Charity Navigator's highest 4-star rating for 15 years, NBCF provides support through their National Mammography Program, Patient Navigation, breast health education, and patient support programs. For more information, please visit nationalbreastcancer.org.



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her is extraordinary. She calls me for everything and anything. I talk to her every day," she said, holding back tears. "I learned