

TK TRINIDAD

Johnson Bridge Media

Charita Johnson

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Ambitious, engaging and determined best describe TK Trinidad. The former sprinter and Toronto native has been in the broadcasting industry for over 15 years.

After graduating from the University of Oregon she returned to Toronto where she got her break in broadcasting while running a personal training business. A passionate athlete focused on fitness and wellness she was approached to host a weekly fitness segment on Rogers TV. Since then, TK has made appearances on CTV, Global, Sun TV, CBC radio, Bite TV and Rogers TV as their fitness expert. While on TV she doubled as a fitness columnist for Pride News in Toronto, Canada. After launching her on-air career at home, she settled in Los Angeles; where she hosts red carpets, covers sporting events and is on the pulse of breaking entertainment and culture news. That's why VH-1 tapped TK to host Love & Hip Hop podcast The Tea. You can catch TK co-hosting Women's Wrestling Weekly, WWE Raw After Show, WWE NXT After Show on Afterbuzz TV. Her credits are long, she was a regular contributor on TMZ TV, giving hot takes on all things sports and entertainment as well as the FnA podcast on iHeart RADIO. Shooting, writing, editing and producing multi-media content - TK does it all!

TK is also passionate about working with children. She has volunteered with several high school track teams both in Toronto and in the U.S. She has assisted in raising money for the Boys and Girls Club: World Vision, the LunchBag Program and the Back to School Book Bag Program. She also has volunteered at New Life Church, Los Angeles supporting their social media strategy. TK has been part of several mission trips including working with Athletes in Action.