



# Specialty Trainer



## Dawn Alison

1991 United States (I.P.F) National Champion Powerlifter  
Best lifts in "International Powerlifting Federation" meet:  
Squat 467 lbs, Bench 253 lbs, Deadlift 501, Total 1221 lbs

Some of Dawn's Bodybuilding Titles include:

1995 Western Canadian Championships 2nd place Hvywt  
1995 & 99 BC Championships 2nd place Hvywt & Mid wt  
1995 Iron Ore Heavyweight & Overall Champion

## Philosophy

**YOU** have the seeds of excellence within **YOU!** How far these seeds may grow depends on the instruction **YOU** receive.

## Mission Statement

I help my clients clearly visualize, and set a goal, make a plan and achieve THEIR GOAL!!

## Certifications and Education

- BCRPA Personal Trainer

## Additional Training & Qualifications

- Trained for 5 yrs under the guidance of Powerlifting Legend... Doug Young  
3 time World Champion Powerlifter  
3 time World Record Holder in the Bench
- Trained under the guidance of Bodybuilding's Top Nutritionist Chris Aceto
- Trained with many top bodybuilders (See portfolio for details)

## Client Specialty Focus

- Body Transformation
- Nutrition
- Fat Loss & Muscle Gain
- Competition Preparation  
Bodybuilding & Strength ~ Figure & Fitness
- Through motivation, education...  
overcoming barriers & accountability

**Words of Wisdom** "It's better to spend years searching for the right teacher, than study under the wrong one!"  
"If YOU can see it, YOU can be it!"