



As a professional . . .



After graduating from high school in Nelson B.C Tracy Kaye Holly joined Dance City Studios in Vancouver B.C to commence a teaching degree in Ballroom and Latin dance. Her extensive and eclectic dance training led to a successful career to compete professionally for Canada. Tracy has many National and International championship titles in several category styles including International Standard and Latin, American Smooth and Rythm, Theatre Arts, Cabaret, Disco, Bollywood and Belly Dance.

Tracy has worked as a National Spokesperson for several sports nutrition companies lecturing to territory managers, health food store retailers and consumers on Natural Strategies for Healthy Weight Management and Obesity Related Diseases. She is the author of [The Athlete's Cookbook](#), [Sports Nutrition For Kids](#) and [Simple Strategies for Living Lean & Staying Well](#). Tracy also writes for several national health magazines.

Tracy is a CSNA Master and the Public Relations Executive for [The Cory Holly Institute](#). Along with her husband Dr. Cory Holly she narrates the popular He Said/She Said segment for [SNU Audio Series](#). She is known nationally as the Canadian Goodwill Ambassador of Sports Nutrition, Health and Fitness.

As an athlete . . .

After retiring from teaching and competing in dance Tracy actively pursued the sport of natural bodybuilding. She was drawn to the powerful energy of a muscular body and intrigued by the like minded individuals the gym environment attracted. As a result this opened the door to a new career opportunity to invest as the owner and operator of [Spartacus Athletic Club](#) in East Vancouver.

Tracy's love of the sport led her to compete in Masters Bodybuilding, Mixed Pairs and Fitness categories. She continues to maintain her physique through weight training, hiking, power walking, yoga and dance.

On a personal note . . .

Throughout her life Tracy has learned the benefits of staying well and how to prevent disease in her body. She is a health and fitness enthusiast and an advocate of alternative natural medicine, sports nutrition products, vitamins and above all a nutritious whole food diet. Over the years Tracy has become a fantastic whole food cook.

As she ages she has seen many of her family, good friends and colleagues suffer needlessly as a result of their lifestyle choices. This empowers her to stay on track and take pleasure in the pursuit of a healthy lifestyle for her and her family.

Tracy believes that the choices we make will directly affect the outcome of performance in day to day life. How can anyone live their dreams if they have poisonous blood running through their veins? Good health is a four letter word **W-O-R-K** = Willing, Order, Repetition, Knowledge. Seek it and you'll find it! The true joy of living comes from a healthy open mind and strong body. Tracy's key to success is consistency. Her words of wisdom she shares are...*"Never give up. Never stop. Never look back. Move forward and upward and most of all have faith."*

