

Steve Holt

The Vegetarian Bodybuilder™

"Steve is an engaging speaker with lots of enthusiasm and a compelling story. His example flies in the face of conventional stereotypes about vegetarians, and shows that a plant-based diet is well-suited to bodybuilders and other athletes."

- David Alexander, Director of Operations, Toronto Vegetarian Association



- Writes for an assortment of international magazines; speaks at conferences and workshops.
 - Highly visible competitive athlete.
 - Website, www.vegetarianbodybuilder.com "The Vegetarian Bodybuilder", has been a magnet for vegetarians and strength athletes for eight years. Related internet forum now has more than 1,000 registered members.
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- Vegetarian for 26 years. Born in 1954 in Montreal Canada. *Lifetime* natural bodybuilder - never taken anabolic steroids or other banned substances.
 - A simple internet search with the keywords "**Steve Holt Vegetarian Bodybuilder**" will yield numerous entries, articles and links. As a competitive bodybuilder, currently holds eight Canadian provincial and national titles.

Recent Credits

- ✚ Natural Bodybuilder & Fitness Magazine – Contributing Writer
- ✚ The Vegetarian Magazine – Contributing Writer
- ✚ International Vegetarian Union – Contributing Writer
- ✚ 2008 Toronto Annual Vegetarian Food Fair – Keynote Speaker

Bodybuilding Titles

Aug/06 CBBF World Qualifier, **2nd Place, Open Welterweight**
Aug/06 CBBF World Qualifier, **2nd Place, Grandmasters** (age 50-59)
Jun/06 OPA National Qualifier, **2nd Place, Grandmasters** (age 50-59)
Jul/04 CBBF World Qualifier, **3rd Place, Grandmasters** (age 50-59)
Jul/04 OPA National Qualifier, **3rd Place, Masters** (age 40-49)
Jul/04 OPA National Qualifier, **1st Place, Grandmasters** (age 50-59)
Apr/00 ANBC Lion County Classic, **5th Place, Masters** (age 35-45)
Mar/00 BAO Regional Championship, **3rd Place, Masters** (age 40-49)

For further information:

ELECTRONIC CONTACT:

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