

## **CHI Board of Directors**

President Cory Holly DN

Secretary Tracy Holly CSNA Master

## **Advisory Board**

Advisor Michael Colgan PhD

Advisor George L. Houghton  
Eur Ing, C. Eng., M.I. Mech.E. M.A.S.M.E., P.Eng

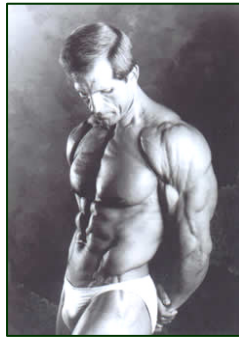
Advisor Randy Ellis CEO

Advisor Dan M. Clark CEO



**Cory & Tracy recording SNU at Fiasco Bros. Studio**

## Management



### Cory Holly, DN

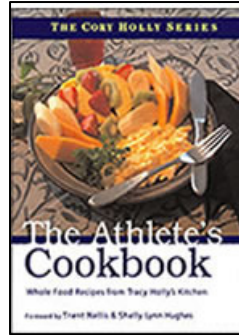
Cory Holly is Canada's Ambassador of Sports Nutrition, Health & Fitness. Recognized as one of Canada's foremost educators on sports nutrition, Cory was the recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award. He is President of the Cory Holly Institute and Holly Health Services and is Director of Education for the International Natural Bodybuilding Association (INBA) of Canada.

Cory has worked in the health food and fitness industry since 1975. He obtained his doctorate degree in naturopathy from the Clayton College of Natural Health in 1992. He specializes in product formulation and has designed several Canadian sports nutrition product lines for national suppliers. As a national spokesman and technical advisor, he introduced EAS supplements into Canada, the number one selling sports nutrition line in the world.

Cory has traveled to more than 60 countries on six continents, where he has studied the traditions, diet, lifestyle and activity patterns of several indigenous native people. These experiences combined with his education and eclectic nature have given Cory a very practical perspective of life and a great understanding of human behavior, culture, religion, philosophy, health and disease. It has also helped Cory to frame the paradigm of health and wellness he teaches in his courses, audio programs, books, website, seminars and public lectures.

Cory is a professional writer, motivational speaker, technical advisor and educator, lecturing routinely at health shows, fitness symposiums and trade conventions. He is a Canadian Masters Natural Bodybuilding Champion and world class Masters Track and Field athlete. Cory also serves as an emcee and judge at various natural bodybuilding competitions and is currently training to compete in the 2007 INBA Natural Masters Mr. Olympia in Greece.

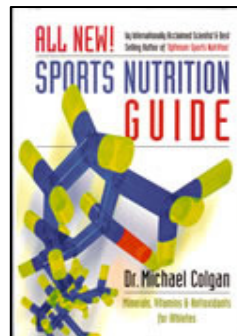
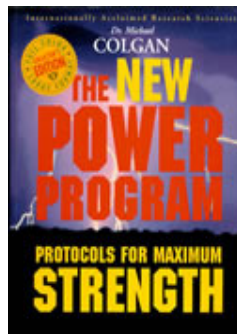
## Tracy Holly



Tracy Holly is a health & fitness activist and is a great believer in alternative natural medicine. In addition to being a full-time mum, Tracy works as a public relations executive, emcee and coordinates national health & fitness symposiums. Tracy is the author of “The Athlete’s Cookbook” and “Natural Strategies for Healthy Weight Management”, lectures to women’s groups, school children and at trade shows on Health, Wellness and Staying Fit. Tracy also teaches Latin & Ballroom dancing and competes in Masters’ level Ms. Fitness and natural bodybuilding.

Tracy has an extensive and eclectic background in Ballroom and Latin dancing. She is a member of the Canadian Dance Teacher’s Association (CDTA) and successfully competed for Canada on a professional level. Tracy also owned and operated Spartacus Athletic Club, a coed fitness facility located in East Vancouver, British Columbia. Tracy is a graduate of the CSNA education program and the first student to complete the Masters CSNA program. She currently consults to Quest Vitamins Canada as a product advisor and national spokesperson.

## Dr. Michael Colgan



Michael Colgan, PhD, CCN, is one of the world's most popular scientific experts in nutrition. He is a best selling author and travels the world lecturing on anti-aging, sports nutrition and hormonal health. His professional memberships include the American College of Sports Medicine, the New York Academy of Sciences and the British Society for Nutritional Medicine. [www.colganistitute.com](http://www.colganistitute.com)

Dr. Colgan is on the Council of the International and American Association of Clinical Nutritionists, the certifying authority for nutrition, and on the Editorial Board of the journal of Applied Nutrition. Dr. Colgan has also been a consultant to the US National Institute on Aging and the New Zealand Government.

From 1971 to 1982, Dr. Colgan was a senior member of the Science Faculty of the University of Auckland, where he taught Human Sciences and conducted research on aging and physical performance. Startling results of his early research convinced him to write his first book for the public, *Your Personal Vitamin Profile* (William Morrow, New York), during his tenure as a visiting scholar at the Rockefeller University in New York. This revolutionary book rapidly became a definitive guide for accurate, scientifically researched nutritional information.

The Colgan Institute has published numerous professional papers, two university texts, many books, and hundreds of articles for many sports magazines worldwide. Dr. Colgan is invited to lecture worldwide at universities, sports, medical, and corporate organizations and has taught athletes throughout the world how to become champions.

Each year the Colgan Institute hosts an Anti-Aging Seminar and Power Program Camp on St. Mary's Lake, Saltspring Island, BC. The Colgan Institute has 80 acres lakeside and offers abundant walking trails, an Olympic standard equestrian horse riding center, a gym and yoga room, a large heated pool and hot tub and fishing, swimming & boating.

### **George Houghton – Consultant**

George Houghton Eur Ing, C. Eng., M.I. Mech.E. M.A.S.M.E., P.Eng, is a consulting engineer specializing in forensic investigation. He is President of Houghton Consultants Limited with extensive worldwide experience as a design engineer and project manager. Mr. Houghton is a consultant to insurance and legal professions on general and automobile accidents and mechanical and structural failures. He also provides litigious and arbitration services embracing mechanical and structural engineering; explosions, fires and the provision of court testimony to County, Provincial and Supreme Courts.

### **Randy Ellis – Consultant**

Randy Ellis is the CEO and President of MediaWorks and Oceanside Publishing. He has an extensive background in sales, marketing, printing and business management. MediaWorks currently warehouses and distributes several product lines and specializes in design, printing and publishing. [www.oceansidepublishing.com](http://www.oceansidepublishing.com)

### **Dan M. Clark - Consultant**

Dan Clark is President & CEO of International Kirkland Minerals Inc. Dan has over 25 years of experience in the management and finance of mineral exploration and development and has raised in excess of \$100 million for gold and base metal properties worldwide. [www.internationalkirkland.com](http://www.internationalkirkland.com)