
Boots to Barbells Partnership

Strength. Support. Transition.

The Kadence Legacy Fund is proud to partner with **Boots to Barbells**, an Alberta-based nonprofit organization led by veteran **Bambi Gray**. Boots to Barbells provides Canadian veterans with a complete pathway from military service to civilian careers in the fitness industry, offering education, certification, and real-world mentorship. Their programs are designed to make career transitions **accessible, supportive, and achievable** for veterans across Canada, regardless of location or fitness background.

Our collaboration ensures that veterans in our community — including Morinville, St. Albert, and the Edmonton area — have access not only to **service dogs through One Dog, One Life** but also to resources that help them build meaningful post-service careers. Together, we double the impact, providing hope, independence, and long-term empowerment.

Founder & Mission:

Boots to Barbells was born from Bambi Gray's lived experience. After serving in the Canadian Armed Forces, she navigated identity loss, relocation, physical and invisible injuries, and recovery, using fitness as an anchor. Her mission is to ensure that veterans never have to face the transition alone, and that strength — both internal and external — remains **accessible, empowering, and sustainable**.

- **Educate yourself** Accredited personal training courses delivered live online, with final in-person practical assessments
- **Pre-Course Preparation:** Orientation and confidence-building to set veterans up for success
- **Mentorship & Career Support:** Ongoing guidance as veterans transition from certification into real-world fitness careers
- **A** Fully national program, flexible, and tailored to each veteran's location and needs

Whether you are a veteran seeking a new career path, a community partner looking to support veterans, or someone passionate about empowering post-service success, **Boots to Barbells provides veterans with the tools, mentorship, and confidence to thrive.**

 **Contact Us:**

Email: info@bootstobarbells.com

Website: <https://bootstobarbells.com>

