



# NO LIMITS

Individualized Health & Fitness Training  
for Special Needs Athletes

**Dreams. Hopes. Goals. We all have them, but only the brave achieve.**

You've already proven your courage by entering the athletic arena. You are a runner, a soccer player, a golfer, a powerlifter, a skater, a basketball player, a swimmer. You are an athlete. Period. The only question is, are you ready to scale the heights to your true potential?

Whether you want more focused Special Olympics coaching or individualized personal training to meet your health and fitness goals, we'll get you there. Built on Bravery's coaches, fitness experts and health consultants are there for you each step of the way.

**BELIEVE IT, ACHIEVE IT.**

**BE A PART OF THE BRAVE!**

Contact **Andy Cameron**  
call or text at (651) 955-2821 or  
email at [andrew@bultonbravery.com](mailto:andrew@bultonbravery.com).

For more information go to  
[www.bultonbravery.com](http://www.bultonbravery.com)

# CHANNEL YOUR COURAGE

Live Better. Train Better. Be Better.

We believe in the potential of “any body.” With good nutrition, a solid workout routine, a strong mind and dogged determination, your body has no limits.

Our science-based, professional and experienced approach to wellness, fitness and performance includes.



## WEIGHT LOSS

Reach a healthy weight the right way.



## WEIGHT GAIN

Bulk up your muscles and shape your body.



## BODYBUILDING

Tone your body to improve your sports performance.



## POWERLIFTING

Gain the strength it takes to win.



## SPORT-SPECIFIC TRAINING

Hone your skills and muscles for exactly what you need to do on the court, in the pool or on the field.



## NUTRITION

Learn which foods match your health and fitness goals. We'll assist with nutritional ingredient selection and fast and easy meal preparation.

## ATHLETES WE SERVE

We serve kids and adults who have:

- ★ Autism
- ★ Cerebral Palsy
- ★ Down Syndrome
- ★ Intellectual Disabilities
- ★ Physical Disabilities

## In Person or Online

It's not feasible for every athlete to travel to our facility for training and workouts. With our website and mobile app, that's not a problem. It's just like having a personal trainer right there in the room with you. Every day, you'll have:

- Workout demo
- Workout database for weights, reps, sets and so on
- Progress Tracker
- Meal plan for the day
- Grocery list based on meal plan
- Message board with guaranteed quick response times

# OUR FOUNDER — ANDREW CAMERON

Andy has worked with special needs athletes and coaches for more than 15 years, helping build stronger, healthier people and athletes. He also has multiple certifications from internationally recognized sports, fitness and Special Olympics associations. Bottom line: Andy understands the challenges, and has developed programs that not only help athletes overcome them, but excel and compete.

## Put Yourself on the Line

You can build a better you. We can help. Give us a call, send us an email or check out our website to learn more about our customized programs.

