

LIFESTYLE

# DEAR » VALERIE

» BY VALERIE SHAW

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Get to know her better at [www.valerieshaw.com](http://www.valerieshaw.com)

## » Models & Industry Professionals

Keep your Dating & Relationship questions coming!  
To be featured in an upcoming Q&A segment,  
send an email to [valerie@statusfitness.com](mailto:valerie@statusfitness.com)

PHOTO BY URBANSTYLZ



# ALLISON ETHIER

[WWW.ALLISONETHIER.COM](http://WWW.ALLISONETHIER.COM)

**F**ollowing a high-profile year having turned IFBB Pro, bilingual blonde and East Coast native Allison Ethier proves she can be hot high school teacher, mom to her little man and hardcore fitness competitor!

While good looks have landed her features in various magazine layouts and spokesmodeling opportunities, don't let her tiny 5'4" package trick you into thinking she's content to simply smile, look pretty and take whatever is handed her way with an outstretched palm. This

introspective, humble and dedicated girl is the real deal. With Allison, her thoughts become reality. Whatever she aspires to do will eventually materialize. She creates a goal and is so tenacious and patient in a time where others may be content to just take whatever they can get right NOW. But Allison knows that what she sees for herself will come to fruition, as she remains focused with her eye on the prize. She acknowledges each and every accomplishment achieved to date, basks in the moment and gives sincere thanks where it's due. From there it's on to the next rung on the ladder of her very successful life!

Today, she's blazing a path unknown, reinventing herself in a new chapter of life. For a while now, she's been feeling her soul energy pulling her in a different direction, career-wise. Allison has taken this upheaval to task, realizing she can no longer deny who she truly is. Forever a teacher in her heart, she's ready to fuse that love with fitness. With her personal training and upcoming nutrition certification, she will be prepping girls for shows as well as providing diet & nutrition for the masses. Says Allison, "I can take a girl from basically nothing to the finished final product, however I would like to be able to teach those who I train to take care of themselves so that they don't need me." She wishes to promote the development of her clients - much in the same way that a good teacher approaches the learning process of any student...by instilling the confidence and motivation to move forward on their own. She also has plans for a spray tanning company and being completely in charge of her own paychecks. She won't give up until her dreams are realized.

### ALLISON'S WORDS TO LIVE BY...

*"We need role models who are going to break the mold."*

-- Carly Simon

## MINI Q&A

**CURRENT MARITAL STATUS**  
Married

personality of a soda cracker.

**MOST ROMANTIC DATE EVER**  
Not really into all the romance. As long as the food is good and the conversation flows, and laughter is had by all - what else do you really need?

**QUALITIES YOU LOOK FOR IN A PARTNER**  
Honesty, quiet confidence, brains, smart, real, allows me to be me without wanting to change that.

**MOST FORGETTABLE DATE MOMENT**  
I have had many dates where the chemistry was just not there, and the conversation ended up being strained. It's hard to hold a conversation with someone who has the

**PHYSICAL FEATURE THAT MOST ATTRACTS YOU TO YOUR PARTNER**  
Smile.

**WITH REGARDS TO SEXY-TIME, DURING YOUR "IN-SEASON" DO YOU ABSTAIN OR INDULGE?**  
I always indulge.

## IN MY OPINION...

**ON A DESERTED TROPICAL ISLAND, I WOULD NEED THESE 3 THINGS...**  
My son, sunscreen, and plenty of food.

**FAVORITE UFC ATHLETE...**  
I absolutely love Rich Franklin

**WHAT IS THE LAST BOOK YOU READ?**  
Fast Food Nation - loved it.

**MOST FIT ACTION STAR OF ALL TIME IS...**  
Jennifer Garner

**MALE CELEBRITY WITH THE BEST BODY...**  
Toss up between Edward Norton in American History X, or old school Marky Mark

**IF I COULD TRAIN WITH ANY CELEBRITY LIVING OR DEAD, IT WOULD BE**  
Pam Anderson because...she is just so sexy!

**FEMALE CELEBRITY WITH THE BEST BODY...**  
Jessica Biel

**IF YOU REPRESENT A COMPANY RELATED TO OUR INDUSTRY, PLEASE TELL US WHO YOUR SPONSOR(S) ARE...**  
Slimquick Extreme Lean Bodies Consulting.com Bodybuilding.com Spokesmodel Mirapdesigns.com

**FITNESS PROFESSIONAL I MOST ADMIRE...**  
Many! Erik Ledin, Jose Antonio, Tony Little

## DEAR VALERIE



PHOTO BY URBANSTYLZ

**Q** Dear Valerie, I currently work in a very traditional environment, and in my spare time do fitness modeling. There are times when I want to do more 'risqué' photos that some in my position would deem inappropriate. I am a woman and like to express my sexuality. How do I find a way to express myself as a model, as well as keep my respectability in my current work position?

**RISQUE (adj.)** – Daringly close to indelicacy or impropriety. [www.dictionary.com](http://www.dictionary.com)

**A** Dear Allison, While we love opening our glossy magazines and admiring every inch of the incredible physique you have created, expressing your sexuality - while satisfying one need, can understandably also put you in a very vulnerable position at work.

It's good you can recognize this and separate the issues of politics involved, with your career as a teacher being of

paramount importance. How else would you eat if you didn't have a job that paid the bills, right? The fact of the matter is, no matter what in fitness, the prerequisite of this exclusive club is a finely chiseled form to be showcased in a bikini at most for any given shoot or competition show. But going further than that, pushing the envelope to encompass images you wouldn't exactly want to be seen by your students or colleagues - your ethics could come into question. You could definitely expect some reprisal - from those you work with and naturally, your boss.

These days, job security is hard to find. After having attained such a level of professionalism and respect with all your years of intense work and sacrifice both in fitness and in the classroom, why mess with a good thing?

I say balance it out, baby doll. Continue to cultivate who you are and get all the modeling work you can within the parameters that are accepted while still employed with the school board. Respect the status you've achieved. Keep it classy.

You are an inspirational role model to many. Fulfill your other side as well. Work with a trusted professional photographer and explore the risqué photo shoots with him. This will be a situation where it's your rules; you will be paying them as opposed to them paying you. Be sure to legally establish (signed documents) that you are not interested in having these images released to the public - in magazines or the internet. They are for your personal use only. Consider the images 'boudoir shots' for you and your husband to enjoy. Another option would be to do the risqué photo shoots with your husband behind the lens of the family camera. That way, you would be cutting out the middleman entirely and eliminating any fear of the images ever "leaking". But that would depend on hubby's skill and your desire of the finished product.

The day will soon come when your very own business is up and running. Fully representing yourself, you'll know just how far you want to take things during a photo shoot at any given moment.