

# JESSICA DALLIDAY

Jess was many things to many people - a mother, an entrepreneur, a teacher, an Athletic Therapist, a Pilates instructor and so much more. But one part of her life that she was most passionate about was using her story and her influence to support and lift up others.

From humble beginnings in the small Northern Ontario town of Hornepayne she went on to touch the lives of thousands of people and is still isn't done making her mark.

After completing degrees at McMaster, then York University she felt she wanted to give back to the academic community that had given her so much and so began teaching in the AT program at York, eventually also holding the position of Interim Head of the York AT Certificate program.

She also served on the OATA Board of Directors and was a mentor to many AT students following in her footsteps. When she struggled with body image issues, over-exercising and disordered eating, instead of retreating into her own negative thoughts, she made the brave decision to share her story and vulnerability openly.

Jess shared her story online and opened the door for so many others to feel safe sharing theirs, helping them feel seen and supported. She became a Pilates Instructor and built her own online studio that preached body positivity, inclusivity and equity. She believed that everyone deserved to love and appreciate their bodies as the amazing vessels they are, no matter what they looked like.

Her vision and mission will continue to live on through the incredible legacy she's left behind, including the OATA Jessica Dalliday Safe Sport Award which will honour individuals who exemplify the ideals Jess strived to promote.

