

# Alissa Holder: An Extraordinary Life of Athletics, Advocacy, and Inspiration



**I Am Amazing!** by Alissa Holder

★★★★★ 5 out of 5

Language : English

File size : 11477 KB

Text-to-Speech : Enabled

Print length : 424 pages

Screen Reader : Supported

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Alissa Holder is an extraordinary athlete, a tireless advocate for disability rights, and an inspiration to countless people around the world. From her early days as a competitive gymnast to her international achievements as a

Paralympic medalist in wheelchair racing, Holder has defied expectations and overcome countless obstacles to become one of the most respected and admired figures in the disability community.

## **Early Life and Gymnastics Career**

Alissa Holder was born on July 31, 1989, in Petersburg, Virginia. At the age of three, she was diagnosed with spina bifida, a birth defect that affects the spinal cord. Despite this diagnosis, Holder was determined to live a full and active life. She began gymnastics at the age of eight, and quickly showed a natural talent for the sport.

As a gymnast, Holder competed at the elite level, reaching the United States National Championships multiple times. She also represented the United States at the World Cup and Pan American Games. However, in 2010, Holder suffered a devastating injury while training for the Commonwealth Games. The injury left her paralyzed from the waist down.

## **Transition to Wheelchair Racing**

After her injury, Holder was devastated. She had to give up her gymnastics career, and she was unsure what the future held. However, Holder refused to let her disability define her. She discovered wheelchair racing, and quickly realized that she had a knack for the sport.

In 2012, Holder made her Paralympic debut at the London Games. She won a bronze medal in the 100-meter race, and a silver medal in the 4×100-meter relay. At the Rio Paralympics in 2016, Holder won her first Paralympic gold medal in the 100-meter race. She also won a silver medal in the 4×100-meter relay.

## Disability Rights Advocacy

In addition to her athletic accomplishments, Holder is also a passionate advocate for disability rights. She has spoken out against discrimination and prejudice, and she has worked to raise awareness about the challenges faced by people with disabilities.

In 2017, Holder was appointed to the President's Council on Fitness, Sports, and Nutrition. She is also a member of the board of directors for the National Organization on Disability.

## Inspiration and Role Model

Alissa Holder is an inspiration to countless people around the world. She is a role model for people with disabilities, and she shows that anything is possible if you set your mind to it. Holder is also a reminder that disability does not define a person.

Holder is a powerful voice for disability rights, and she has made a significant impact on the lives of people with disabilities. She is a true champion, on and off the track.

Alissa Holder is an extraordinary athlete, a tireless advocate for disability rights, and an inspiration to countless people around the world. She has overcome countless obstacles to achieve her dreams, and she is an example of what is possible when you refuse to let anything stand in your way.



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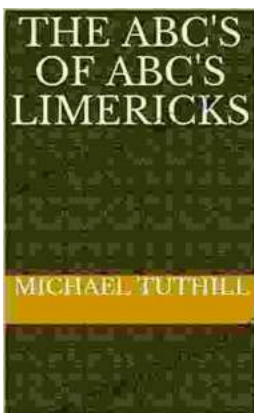
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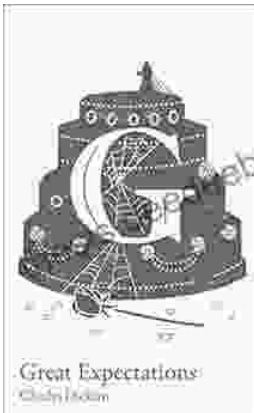
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