



Dawn Chubai

As a host on CityTV's popular Breakfast Television, Dawn Chubai is a definite rising star on the Vancouver entertainment scene. As a transplant from Edmonton she now resides in Coal Harbour. At one point she would never have imagined living anywhere other than Edmonton but "the minute I got here it really felt like home. I acclimatized immediately and looking at the mountains and ocean together was just ...WOW!"

Dawn is very comfortable in front of the camera with a background as a film and TV actress as well as a professional Jazz Singer. She describes her fashion style as "Simple Classics" and her musical tastes lean towards Cassandra Wilson and Diana Krall.

Given the discipline required by her daily grind, she tends towards being a homebody these days which works out perfectly for the avid reader who admits to affection for "chicklet" novels and John Grisham. It also gives her an opportunity to try her hand at a variety of ethnic dishes whenever possible.

With a demanding work schedule starting at 4:00 AM, Dawn's health and fitness regimen is a dominant part of her regular itinerary. As an individual who professes to have hated gym class in school, she wishes that she would have embraced it more as it would have helped to develop better habits today. Results are a huge motivating factor for her so it's no surprise to find that she



Dawn Chubai with Rob Williams - Kinesiologist and Master Trainer at MIXX Co-Fitness Studio

regularly works out at MIXX Co-Fitness Studio. "I love the place" says Chubai who recently encouraged her mother-in-law to start working out there. With their full time trainers available at her disposal there is a lot of support during her training sessions, which focus on functional conditioning and core stability. She finds herself at MIXX 4-5 times each week working out for the increased energy, better strength and tone as well as improved overall general health.

Nutritionally, Dawn has tried many diets but ultimately returns to keeping balance and moderation in the forefront of her eating habits. Her one weakness appears to be a fondness for Old Dutch Ripple Chips with Dill Pickle Dip on the side.

In looking at the new year Dawn says "I feel that life keeps getting better and better and that I'm definitely more confident as I get older...I'd like to keep that trend going this year - my ultimate goal in life is to be happy - Life's too short not to be."

You can see Dawn Chubai on Breakfast Television on CityTV, 6 AM - 9 AM weekdays and hosting Realty Television on CityTV on Saturdays at 9:30 AM.

MIXX Co-Fitness Studio is located at #100-1201 West Pender (at Bute), Tel: 604.682.6499, Website: www.mixxco.com.

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