

It's Official, Mindi O'Brien is Confident

Confident Health is proud to announce a partnership with Mindi O'Brien.

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Toronto, Ontario Jun 6, 2025 ([IssueWire.com](https://www.issuewire.com)) - Confident Health is proud to announce a partnership with Mindi O'Brien—Canada's most decorated IFBB professional and a trailblazer in women's fitness. This relationship marks a dynamic new chapter as Mindi will work with Confident in launching curated supplements designed to empower women through every stage of their journey which aligns with Confident's philosophy of health through fitness.

With over 70 professional competitions to her name, including 11 Olympia and 10 Arnold Classic appearances, Mindi has cemented her legacy as a pioneer in sport. She holds the distinction of being the first Canadian to earn IFBB Pro status in Fitness and has competed across every woman's division—Fitness, Figure, Physique, and Bikini—demonstrating unmatched versatility and resilience.

Beyond the stage, Mindi is the founder of Mindi O's Fitness Studio in St. Catharines, Ontario, an on-air and television personality, posing and training coach and inspirational speaker. She is also the driving force behind two of Canada's premier Canadian Physique Alliance bodybuilding events: the Mindi O Show and the Niagara Classic, both of which are sponsored by Confident Health.

To compliment her collaboration with Confident Health, Mindi is developing a wellness program tailored to the unique needs of women navigating menopause and hormonal changes. These offerings will reflect her decades of experience in training, nutrition, and mindset coaching.

Fans will have the opportunity to meet Mindi in person at the upcoming Toronto Pro Show, where she will be present at the Confident Sports booth and on-stage presenting awards to competitors. Her attendance at this event underscores her ongoing commitment to supporting and celebrating the next generation of athletes.

About Confident Sports: Confident Sports/Health/Vegan is a leading provider of high-quality sports supplements, dedicated to helping athletes achieve their performance goals through science-backed nutrition. www.confidenthealth.com

To learn more about Mindi O'Brien's sport and fitness events visit www.mindiOshow.com and www.niagarafallsclassic.com

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