

Bettina Altizer is the founder, owner, and president of Altizer Law, P.C. She is a five-time world champion and American world record holder in powerlifting, known for bringing her competitive spirit into the courtroom. Bettina's career in law has spanned decades, during which she has successfully litigated complex personal injury and wrongful death cases, including those arising from medical malpractice, motor vehicle accidents, and defective products.

Bettina's passion extends beyond the courtroom—she is also committed to human optimization and the pursuit of well-being in the legal profession. Through her new venture, Connection Advocacy, she explores the intersection of health, performance, and trial advocacy, aiming to empower attorneys to optimize their own potential.

Bettina holds a law degree from the University of Virginia School of Law and began her practice alongside her father in Roanoke, Virginia. Today, she continues to fight for justice with the same tenacity and grit that made her a champion in powerlifting.