



Personal Training & Wellness Staff

2016



**Boulder Parks
& Recreation**

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Belen Carmichael Personal Trainer Wellness Coach



- Certified Personal Trainer, American Council on Exercise (ACE)
 - Certified Personal Trainer, CHEK Institute
 - Nutritional and Lifestyle Coach (NLC)
 - Wellness Coach, Lifestyle Management Associates and Coach Training Alliance
- ☐ With 20 years experience in exercise, lifestyle, fitness, health and wellness, Belen coaches individuals through a process to cultivate a healthy lifestyle and a sustainable work-life balance. Together she works with clients to identify obstacles and priorities, explore options, and discover a forward-focus direction. Specialties include; stress management, eating plans, exercise, meditation, time management and life issues that impact whole-person wellness.



Michael Baird Personal Trainer



- Certified Personal Trainer, National Strength and Conditioning Association (NSCA)
 - Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA)
 - SilverSneakers Certified Instructor
 - UCLS Graduate Fitness Instructor
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- Michael specializes in weight training for increasing strength, power, muscle growth, and muscle endurance; programs to add muscle and lose fat; sports specific training, Kettle bell training, core strengthening and functional training.
 - As a former collegiate swimmer and current master's swimmer, Michael has a diverse sports background including track and cross country.
 - "I want to form strong partnerships with my clients to Motivate and Educate them to help reach their health, fitness, and performance goals."



Chris Hedman Personal Trainer



- Certified Personal trainer, American College of Sports Medicine (ACSM)
 - Certified SilverSneakers® Instructor
- Chris helps people improve their overall wellness through exercise and healthy lifestyle choices. He has a particular interest in working with senior adults to help them achieve personal fitness goals and to assist in improving their functional living capabilities.



Terry McArthur Personal Trainer & Dietitian



- MS in Human Nutrition, B.S.E.E.
 - Certified Personal Trainer, American Council on Exercise (ACE)
 - Registered Dietitian, American Dietetic Association
 - Lifestyle Coach, National Diabetes Prevention Program
- ❑ As a Registered Dietitian and Personal Trainer, Terry's key interests are pre-diabetes, sports nutrition and weight loss. Terry is also a certified and experienced Lifestyle Coach for the National Diabetes Prevention Program. As a trainer, Terry provides individualized attention to muscle mass, bone density, balance, cardiovascular endurance and weight management.



Jennifer Perry Personal Trainer



- Certified Exercise Physiologist, American College of Sports Medicine (ACSM)
- B.S. Health and Exercise Science, Colorado State University
- ❑ As an exercise science specialist, Jennifer believes some movement is better than no movement, and strictly abides by the “use it or lose it” motto. She enjoys assisting others in finding a way to help them find their passion for moving and grooving their way through life, with no age limits.
- ❑ She believes in working through any obstacle someone may be facing in order to achieve their healthiest and happiest life.
- ❑ “To live is the rarest thing in the world. Most people just exist.” –Oscar Wilde You must keep moving, in order to truly live, not just exist.



Mark Cohen

Personal Trainer



- Certified Personal Trainer, American Council on Exercise (ACE)
- B.A. in Integrated Physiology, University of Colorado, expected 2018
- Experience in competitive sports including basketball, lacrosse, baseball and soccer
- Extensive weight training experience
- Mark thoroughly enjoys the process of developing a fitness and exercise program with individuals and working with them to achieve their goals.



Sam Perry

Personal Trainer



- Certified Personal Trainer, American College of Sports Medicine (ACSM)
 - Certified Group Fitness Instructor, Aerobics and Fitness Association of America (AFAA)
 - B.S. Health and Exercise Science, Colorado State University
 - TRX Certified Trainer, TRX Suspension Training
- As an exercise science specialist, Sam coaches individuals to achieve their fitness goals through safe and practical fitness training. He believes in working together to determine the most effective plan for overcoming the challenges and limitations we face daily. His specialties include weight training, corrective exercise, balance and sports conditioning.
- With persistence and a positive attitude, exercise is the catalyst to a more enjoyable and fulfilling life.



Erin Williams Dietitian



- B.S. in Chemistry, Purdue University, West Lafayette, IN
 - M.S. in nutrition, Bastyr University in Seattle, Washington
 - Certified herbalist, Karta Purkh Singh Khalsa.
 - Certified massage therapist
 - Hatha Iyengar Yoga.
- Erin has practiced holistic health and wellness for more than 15 years. Erin's degree in chemistry gives her a thorough understanding of the interactions of the body and how nutrients are absorbed, metabolized and processed. While studying natural healing techniques for a personal battle against allergies, irritable bowel syndrome and stress, Erin developed a deep interest in herbalism, nutrition and disease etiologies.



Siga Andrew Physical Therapist



- BS in Physical Therapy, Cleveland State University
 - MA in Exercise Physiology, Kent State University
 - State Board Physical Therapy Certification since 1988
 - CPR/First Aid
 - Level 1 Nordic Ski Instructor through Professional Ski Instructors Association (PSIA)
- ☐ Siga brings 20 plus years of exercise experience to the Boulder fitness team. Her work experience includes orthopedics, body mechanics, home health care, and group training (running, swimming, skate and classic Nordic skiing). She enjoys the outdoors in all seasons and has experienced races from 5k runs to Half Ironmans, bike riding, biathlons, climbing and paddle boarding.



Carol De Baca Personal Trainer



- Personal Training Certification, American Sports and Fitness Association (ASFA)
 - Group Fitness Instructor, Aerobics and Fitness Association of America (AFAA)
 - BS in Psychology & Physiology from UC Berkeley
- ☐ Carol has more than 20 years experience in the fitness industry including post-rehab training for a physical therapy practice. She has worked with participants and clients of all ages and specializes in weight loss, balance, alignment and strength for women and older adults. Carol's mantra is to safely challenge and never bore.



Martha Henze Dietitian



- B.A. Biology, Augustana College, South Dakota
 - M.S. Nutrition, Oregon State University
 - Registered Dietitian, Tri-County Health Department, Denver
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- ❑ Martha's approach uses practical and applicable nutrition tips, based on science that can make a big difference in her clients' lives. She teaches weight management classes, one-on-one nutrition counseling and private and group tennis lessons.
 - ❑ "I enjoy helping people -- children through adults -- obtain their optimum quality of life through good nutrition."

