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.

Register online at www.BoulderParks-Rec.org or call 303-413-7270.
Havilande Green
Nutrition Consultant
Personal Trainer

• B.S. in Biology and Psychology, Minor in Communications, University of Denver, Denver, CO
• Certified Holistic Nutrition Consultant, Bauman College, Boulder, CO
• Personal Training Certification, National Academy of Sports Medicine (NASM)

As both a nutrition consultant and personal trainer, Havilande educates clients about the tools to achieve and sustain exceptional health through foundational and therapeutic concepts. She proudly serves those seeking to stop dieting and start living using a holistic approach to tackle the root causes of underlying health issues (i.e. food allergies, stress management, etc.).

She specializes in holistic nutrition, life-coaching, weight loss, strength training and overall self-fulfillment and happiness.

As a former varsity swimmer and competitor for the National Physique Committee, Havilande has a diverse background in both athletic and everyday health and wellness lifestyle plans.

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1360 Gillaspie 80305

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5660 Sioux Dr. 80303
Lisa Shanken
Nutrition Counselor
Personal Trainer
Health Coach

- Certified Personal Trainer, American Fitness Institute (AFI)
- Health & Nutrition Coach, AADP.
- Corporate Wellness Consultant, Vital Advantage Corporate Wellness Consulting

Lisa has been involved in health, wellness, and nutrition since 2001, and has experience in one-on-one nutrition counseling, cooking instruction, fitness training, and supermarket tours. She has even published several books in her career.

Lisa believes in customizing health and wellness strategies to fit with each individual’s lifestyle. She created the Tri-Wellness philosophy of teaching nutrition, fitness, and healthy cooking to ensure lifelong health and balance.

After receiving a B.S. from Cornell University, Lisa trained at the Institute for Integrative Nutrition, Natural Gourmet School, and Pratt Institute in New York City. Now, her kitchen in Boulder is always stocked, as she loves to cook and share her passion for healthy eating with her friends, husband, and two (fussy eater!) children.
Liz Egetoe
Personal Trainer

- Certified Fitness Trainer, International Sports Science Association (ISSA)
- TRX Force Level II Trainer
- TRX RIP Level I Trainer

- Liz has been working with athletes since 1997. Her forte is sport specific training with a focus on dynamic and functional movement. Liz specializes in strength and conditioning related to your sport.

- As an athlete, Liz values the importance of regaining strength and movement after an injury and makes joint stability a primary focus of her training. Her exercise therapy background adds a great foundation to the athletic training programs she creates. She utilizes many tools in her training including bands, TRX, and stability balls to create all-inclusive, progressive strength training programs.

- Throughout her career, Liz has worked with athletes of all ages, skill levels and goals. She has also worked with active duty soldiers to fine tune their workout regimen in order to be combat ready. This diverse skill set can be honed to the specific sport, obstacle race, or activity of your choice.

“Setting small, attainable goals will allow you to find the discipline, commitment and courage to achieve your vision.”

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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

- 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.
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.

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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
Nutritionist

- MSN CN LMP, founder of EZBalance Holistic Nutrition and Wellness.
- Professional Member of the National Association of Nutrition Professionals, the Gluten Free Society, and the American Holistic Medical Association.
- M.S. Nutritional Counseling, Bastyr
- B.S. Physical Chemistry, Purdue.
- Certified Herbalist, Massage Therapist, and Yoga Instructor.

As an established author, guest-lecturer, consultant, and instructor, Erin has enjoyed sharing her love of natural-health and wellness with people all over the world. She combines compassion, a love of fitness, and her diverse areas of knowledge and expertise to help her students and clients grow into a more nutritionally-balanced, vitally-vigorous, and physiologically-unified whole.

From Erin...
Let me help you assess the underlying causes of your concerns or disease. We’ll work together using nutrition, diet, and exercise to bring you back into balance.

Register online at www.BoulderParks-Rec.org or call 303-413-7270.
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.

Register online at www.BoulderParks-Rec.org or call 303-413-7270.
Martha Henze
Dietitian

- B.A. Biology, Augustana College, South Dakota
- M.S. Nutrition, Oregon State University
- Registered Dietitian, Tri-County Health Department, Denver

- 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."