



PERSONAL TRAINER

Nancy Stilson-Herzog 970.962.2FUN

As an advocate for good health, I focus on lifestyle changes and healthy living, which includes improving muscle and cardiovascular strength, increasing flexibility and achieving dietary excellence for overall fitness and health.

Nutrition Coach Nancy bridges the gap between exercise, nutrition and behavior modification. She provides the tools to take you one step at a time towards optimum health and wellness, primarily through a plant-based diet and fitness for life. You will put into practice and learn proactive healthcare, how to lower cholesterol and reverse heart disease, reverse type 2 diabetes, lower blood pressure, manage auto-immune diseases, improve bone health, decrease stress, manage gastrointestinal diseases and more.

Qualifications

FITNESS: Personal Training, Group Fitness, Certified Health & Wellness Coach • American Aerobics Association International (AAAI) • International Sports Medicine Association (ISMA) Rossiter Connective Tissue Stretching Coach (Advanced Level) • MECA Core Training Anatomy Trains Myofascial Training • Pilates Certified

NUTRITION: Wellness Forum Health & Wellness Coach • Dr. John McDougall Starch Solution Wellness Certification • CHIP Complete Health Improvement Program Facilitator • Vegetarian Health Institute Mastery Program • World Peace Diet Facilitator • Nancy has developed and teaches her own nutrition program called Your Health Matters Nutrition Program™

Experience

Nancy has over 30 years of group fitness and personal training experience. She works with beginner, advanced and elite exercisers from youth, younger adults to older adult populations.

Specialties

- Working with individuals to begin an exercise program
- Helping clients achieve weight loss
- Helping clients improve chronic pain
- Off-ice conditioning for figure skaters
- Plyometric training
- Core, agility and mobility training through Pilates-based exercises
- Rossiter Connective Tissue Stretching
- Redesign Your Spine Posture Re-education
- Your Health Matters Nutrition Coaching™

**Take the first step. Call 970.962.2FUN
to schedule an appointment today!**



CHILSON
Recreation Center