

# Nutrition For Life

Columbia Athletic Clubs-Juanita Bay Nutrition Programs for Members



## Are you noticing very little progress with exercise alone? If so, it is time to address your nutrition.

We all know it is not about calorie restriction or deprivation (these never last and harmful to your health) or following a cookie cutter meal plan. We want to identify nutrient deficiencies in the diet, create balance at each meal, as well as offer proper substitutions. Once we identify these deficiencies we use food (not supplements) to re-fuel the body with the proper balance of lean protein, veggies, healthy fats, fiber and so much more. In the consultation process, it is all about manageable steps and gaining valuable information on how you currently eat. We identify your biggest limiting factor and create a plan going forward. Once that becomes a habit, we go to the next and so forth. We want this to be a lifestyle change, not just something you can manage for a few weeks.

If you are interested in feeling and looking your best, contact any of the following trainers to set up your first appointment:



Michelle Ohlson

### Michelle Ohlson

Michelle Ohlson moved to Washington in 2002 to pursue a culinary career with her newly obtained culinary arts degree from Scottsdale Culinary Institute. Shortly after moving from Arizona, Michelle discovered the sport of triathlon. Since then Michelle has raced in every running distance from 5K's, marathons, and every distance of triathlon

including the IRONMAN. With a passion for triathlons Michelle returned back to school and graduated from Bastyr with a BS in Exercise Science. Soon after she earned her USA Triathlon level 1 Coaching certification and continues to improve her knowledge and has acquired multiple certifications: NASM, CAFS, Trigger Point, and TRX Group. These days you will find Michelle training people on a mission to lose weight, decrease body fat, recovering from

various injuries, injury prevention, improving balance, prepping for new races, and improving race times, and simply enjoying a healthy lifestyle. Just as Michelle expects of herself, she continues attending conferences and webinars on an annual basis.

You can contact Michelle at [michelleo@cactrainers.com](mailto:michelleo@cactrainers.com).



Nickolas Korpi

### Nickolas Korpi

Nick is a certified trainer with over 10 years of experience in the health and fitness industry. He has a Bachelor's of Science in Exercise Science from Eastern Washington University where he played NCAA division I football. He is also certified in Trigger Point therapy. Nick has been recognized for his individualized approach to weight loss-gain, muscle-shape,

conditioning and strength training for athletes of all skill levels. His skill set also includes a comprehensive knowledge of all aspects of therapeutic exercises and modalities and athletic training room operations. Nick was a track and field coach for three years at Bear Creek School and had a lot of success with his throwers, including taking a Discus and shot-put thrower to state all three years. In 2005 Nick did an internship with the University of Washington Strength and Conditioning Staff. While at UW he primarily worked with the football team.

You can contact Nick at [nickolask@cactrainers.com](mailto:nickolask@cactrainers.com).



## Program Fees

**Private consultations: \$125 + tax**

**Nutrition & Jump Start Combo: 3 (1-hour) personal training sessions & 2 private consults with a nutritionist: \$425+ tax**

**Call us at 425.821.0882 for more info.**