

CARI JUNGE

20+ Years Experience as Health & Fitness Professional

- ✚ USATriathlon Expert Level II Coach, Former USACycling
- ✚ Former Carmichael Training Systems® Expert Coach
- ✚ Experience from multiple certifying bodies: NASM-CPT, AFAA, Spinning®, BTS®, JR Smith Power Camp® and more...
- ✚ Stott™ Pilates Instructor- mat and equipment
- ✚ Dietmasters™, APEX™ Nutritionist
- ✚ Lifestyles Technologies™ Life & Diet Management Coach
- ✚ Power Bar Sports Nutrition
- ✚ Westminster College Triathlon Instructor and Coach
- ✚ NFL & Womens' Sports Foundation Nat'l Junior Dev't Coach
- ✚ Firebirds™ Soccer Assoc. & Girls On The Run™ Program Coach
- ✚ BA Architectural Design
- ✚ Environmental Health & Feng Shui Practitioner
- ✚ Freelance Writer & Motivational Speaker, Locally and Nationally



Lifelong Learner, Coach, Athlete & Mentor

- ✚ Short & long course multisport athlete & coach
- ✚ Experience coaching over 800 athletes
- ✚ Race experience across the US
- ✚ Participated in 100+ Endurance Sport Events
- ✚ Multiple age group wins
- ✚ 8x Ironman Athlete
- ✚ Former competitive soccer, tennis, ice hockey
- ✚ Lifelong Learner & Mentor- Lifestyle & Sports Performance



Salt Lake City, **Utah**

Age **43**

Contact **801.835.2274**

Anonymous Client Shares...

"I've never worked with coach, mentor, 'therapist' & friend all in one body before, where I feel safe from her wealth of knowledge, and reach well beyond my goals. Cari has this magical energy that inspires me to be the best I can be. Her mantra for me is to 'remember that I'm one of a kind'. I hear it & I'm off running, pain free! She talks a one-stop shop & she aint kiddin'..."

~ Client coached for triathlon, including nutrition & pilates training