



Cari Junge

Director of Therapy and Nutrition
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UTAH
Sports
and
Wellness

20+ Years Experience as Health & Fitness Professional
USATriathlon Expert Level II Coach, Former USACycling
Former Carmichael Training Systems® Expert Coach
Stott™ Pilates Instructor- mat and equipment
Dietmasters™, APEX™ Nutritionist
Lifestyles Technologies™ Life & Diet Management Coach
Westminster College Triathlon Instructor and Coach
Firebirds™ Soccer Assoc. & Girls On The Run™ Program Coach

Nutrition Services

RMR/BMR Assessment
Dietary Analysis
Healthy Supplementation
Body Composition Analysis
Customized planning
REVELAR™ Assessment
Ayurvedic Assessment/Seasonal Nutrition Planning

Health and Fitness

Postural Analysis
6 Step Fitness Assessments
Core Strength Assessment
Heart Rate Analysis
Gear and Equipment Analysis
Individualized Workout Plans
Body Composition Analysis

Packages

Basic (4 weeks)

Full Service (12 weeks)

Consultation Session