



Meet Your Anchorage IHP Wellness Consultants



Judy Ellenburg, MS



Judy has a masters degree in nutrition from Bastyr University. She is originally from Guelph, Ontario, Canada. She worked and studied at the University of Guelph for 13 years and attended nutrition classes in conventional nutrition as well as alternative and natural ways to approach nutrition.

After finishing her education at Bastyr, she worked at Children's Hospital and RMC in Seattle in the dietary department for two years. Judy has been providing nutrition education since 2005 in Anchorage at The Natural Health Center, LLC, The Alaska Club, and Comprehensive Medicine, LLC, with a primary focus on whole food nutrition. Judy's nutritional services focus on teaching people how to plan, shop, cook and eat well to achieve long lasting health.

Heidi Beer



Heidi has more than 15 years of experience in the health and fitness field. She is an experienced mentor for individuals and groups looking to improve their health and wellness. Heidi has directed local and out-of-state triathlons as well as volunteers for many of the local races and sporting events. Her experience and education include: ACE-certified personal and group fitness trainer, YMCA-certified personal trainer, AFAA and AAI/ISMA group fitness certified, sports-specific trainer, triathlon coach, over 12 years of personal training and coaching experience, and race and volunteer coordinator.

Angelique Garnand



Angelique is a lifelong Alaskan. She has been an ACE certified personal trainer since 2003 and has enjoyed serving a wide variety of clients. She has been a student of yoga for 20 years and has attended numerous yoga workshops. Her continuing education has focused on exercise for special populations, enabling her to find appropriate exercise options for everyone. She believes exercise should be an enjoyable, nurturing and challenging part of daily life.

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