

# Meet Your IHP Wellness Consultants

## Brook Predeger, MS—Anchorage



Brook holds a Masters degree in Exercise Physiology with a minor in Public Health. He received his Bachelors degree in Exercise Science with an Athletic Coaching minor while on an athletic scholarship at UAF competing in cross country skiing and running.

He has many years of hands-on experience dealing with lifestyle change and behavior modification in the private health club setting. His encouraging, motivational attitude has facilitated thousands of people to make changes and add health and fitness to their daily lives.

Brook brings a broad range of experience from lecturing health and wellness to 900 undergrads at Oregon State University to conducting research with Division I and semi-professional athletes. His specialties include multiple human performance assessments. Brook is a lifelong Alaskan and an avid outdoorsman. You can catch him running for the Chugach Mountains at any opportunity he gets to hike, ski, snowboard, sled, bike, and/or camp.

## Judy A. Ellenburg, MS—Anchorage



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 2 years. Judy has been performing 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. Coaching for food selection, cooking tips, recipe ideas and meal planning are key areas.

## Heidi Beer—Anchorage



Heidi has over 15 years of experience in the Health and Fitness field. She is a Certified Personal Trainer, Group Fitness Trainer, Wellness Coach and an experienced mentor for individuals and groups looking to improve their health and wellness. Heidi has directed several local and out-of-state triathlons and volunteers for many of the local races and sporting events. Her experience and education includes ACE certified Personal Trainer and Group Fitness, YMCA Certified Personal Trainer, AFAA and AAI/ISMA Group Fitness Certified, sports specific trainer and triathlon Coach, over 12 years of personal training and coaching experience, and race coordinator and volunteer.

## Stephanie Yates, MSPT, ATC—Juneau



Stephanie has a Masters in Physical Therapy from the University of Kansas Medical Center. She received her Bachelors degree in Exercise Science from UAF. During her time at UAF, she provided student athletic training services for the college's sports teams, including hockey and basketball. She is a Certified National Athletic Trainer.

Over the past eight years, her continuing education has focused on nutrition for health promotion, optimal healing, sport recovery, kinetic control and movement dysfunctions of the spine, cycling biomechanics, bike fitting, endurance training of the cyclist, and mobilization of the nervous system.