

NUTRITION



1630 Welton Street | 303.623.2100
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Colorado**AthleticClub**
Downtown

A WELLBRIDGE EXPERIENCE 

Fitness | Wellness | Sports | Fun

STARTING SMART

A great place to start for anyone with nutrition goals! It includes four 1-hour nutrition sessions to receive comprehensive nutrition guidance from our Dietitian. If you are looking to lose weight, build muscle, enhance your endurance, or improve health conditions through diet, this is a great place to start.

DROP 10

Whether you want to jump start weight loss or get rid of those last few pounds that seem to stay with you, this 5 week program is a great tool to utilize! Includes one 60-minute nutrition consultation and four 30-minute follow-ups as well as 30 minute personal training sessions one or two times each week.



QUICK FIX AND GUIDANCE

Do you think you eat fairly healthy, yet you still struggle to know just how to make your diet work more for you? Do you simply need accountability and new ideas? This package provides 30 minute nutrition sessions with our Dietitian to adjust your diet on an ongoing basis.

A lifestyle change does not happen overnight. Use these sessions to make sure you are staying on track with your nutrition throughout the seasons of life.

(New clients must purchase one 60-minute consultation to start in this program)

L.E.A.P.

(Lifestyle Eating and Performance)
MRT Testing for Food Sensitivities

Is Your Food Making You Sick?

Adverse reactions to foods and chemicals in foods can play a role in many common illnesses:

- Irritable Bowel Syndrome
- Migraine and Frequent Headaches
- Fibromyalgia
- Heartburn/GERD
- Arthritis
- Joint and Muscle Pain
- Eczema/Hives
- Weight Imbalances
- Autism/ADD

If these adverse reactions are playing a role in your condition, then meeting with our Certified LEAP Therapist can finally bring you relief and greatly improve the quality of your life. This is a life changing program for everyone that goes through it.

See LEAP Brochure or contact Laura Starkey for further details.

LAURA STARKEY

Registered Dietitian and
Certified Personal Trainer

Laura seeks to help others realize the impact nutrition and fitness can have on their quality of life. She graduated from Texas Women's University with a BS in Dietetics and Institutional Administration. After graduating, she spent two years working in Malawi, Africa, providing good nutrition for once malnourished and sickly orphans. During those two years, she witnessed the life saving qualities of nutrition as each child transformed in appearance and personality with a proper diet. She now implements those same life-giving qualities of food into the lives of her clients. Laura is proficient in weight management, cardiovascular nutrition, sports/exercise nutrition, diabetes, and other areas of clinical nutrition. She is a member of the Sports, Cardiovascular, and Wellness Nutritionists, a subgroup of the American Dietetic Association. Laura is also a Certified LEAP Therapist (Lifestyle Eating and Performance), which utilizes a patented Mediator Release Test (MRT) to identify sensitivities to foods, food additives, and chemicals in foods that can play a role in many common illnesses and symptoms.

From small diet adjustments to lifestyle changes, Laura delights in seeing each of her clients succeed in finding a better quality of life through proper nourishment and exercise.

"Laura Starkey is the perfect complement to the CAC's training staff. She literally changed my life and has enhanced my workouts to an amazing degree. She nailed it with her knowledge of food sensitivities and the havoc they can play on your workouts. Her kindness mirrors her knowledge. She really did change my world and I can't thank her enough! I highly encourage others to meet with her. You never know how much better you might feel!"

Marilyn Cartwright



"Laura is easy to work with. She determines your strengths and builds on them. Laura taught me to rearrange the timing of some of the foods I eat to keep my energy level even throughout the day. I've learned how to eat before my workouts to sustain my energy through the workout and what to eat after working out. Although we start with a base plan of calories and grams Laura has taught me, through the use of my food log, to determine quantities by eye. Working with Laura and my trainer I've lost 16 pounds in the last six months! Plus my energy level and attitude has greatly improved!"

Cathy LaClair

"As a diabetic who enjoys cycling and surfing, I require specific attention to exercise and diet. With a high degree of professionalism and sensitivity, Laura has allowed me to focus on a life plan unique to my goals. Achievement of these goals has provided many benefits both immediate and long term in my activity level and health. Working with Laura has tremendously enhanced the value of my membership at the Colorado Athletic Club and given me the knowledge to confidently manage my diabetes."

Rob M