

**Alisa Vetter Owens, BS, MS, CSCS**, has over 15 years of experience working with clients in all walks of life. Alisa developed a strong passion and appreciation for wellness as a child. She grew up being a competitive gymnast for 10 years and then began track and field in which she competed in throughout college. Her interest in athletics and health led her to personal training at The Parisi School of Speed, Agility and Quickness while she was an undergraduate student. Alisa assisted with the athletic training for athletes of many different ages and abilities ranging from beginner through professional. She went on to graduate Magna Cum Laude with a BS in Health and Exercise Science from The College of NJ in Ewing, NJ. After she graduated, Alisa wanted to share her passion for health so she began teaching high school health and physical education and served as a Track & Field Coach for 6 years in NJ. During this time she completed her MS in Nutrition and Public Health from Columbia University in NY, NY and decided to move to Aspen almost 10 years ago to pursue her personal love of the outdoors.

Alisa now spends her professional time in Aspen providing Personal Training and Nutrition Counseling services to an array of clientele and businesses in the Roaring Fork Valley including but not limited to St. Regis Aspen, Maroon Creek Club and Snowmass Club. She is also the full time Wellness Coordinator for Aspen Skiing Company providing wellness services to over 3500 employees. Through her education and own personal experiences she has learned that proper nutrition and exercise is a cornerstone to good health and happiness. Alisa believes that everyone has something to gain from her services whether they are looking to conquer an athletic goal, overcome a disease or injury, or just feel good!

### **Education/Certifications:**

BS Health & Exercise Science- The College of New Jersey

MS Nutrition and Public Health- Columbia University

CSCS- National Strength and Conditioning Association

TRX Level 1 & 2- TRX

Mat, Chair and Reformer Pilates- Stott Pilates

MOTR, Balanced Body

Primal 7, Primal 7

Yoga- YogaFit

Health Coaching- The Cooper Institute

Life Coaching- Elevation Corporate Health

FMS Level 1 & 2- Functional Movement Systems

First Aid and CPR- American Red Cross

Prenatal & Postnatal Fitness and Nutrition- Human Kinetics and Prenatal Fitness

Certified Coach- ASEP/NFHS