

PROGRAM PRESENTERS

Adam Martin, B.S., ACSM Health Fitness Specialist®

Adam is the Director of Fitness at Hilton Head Health. Adam provides education, weight and health assessment and programming, as well as individualized fitness training. He also facilitates all fitness workshops and specialty weeks. Adam graduated with a bachelor's degree from the University of Florida in Exercise Physiology/ Biomechanics and is certified through the American College of Sports Medicine as a Health Fitness Specialist.

Bob Wright, M.A.T.

Bob is the Director of Education at Hilton Head Health. His goal is to provide guests with the knowledge needed to make informed decisions on personal health habits. His expertise includes nutrition, weight loss management and disease prevention. Bob has been educating guests at Hilton Head Health for over 20 years and holds a master's degree in Health Education from the University of South Carolina.

Beth Leermakers, PH.D., CLC

Dr. Leermakers is Hilton Head Health's Wellness Counselor. She holds a doctorate in Clinical Psychology from the University of Florida, preceded by a bachelor's in Psychology from Duke University. She is a Certified Lifestyle Counselor in Weight and Stress Management. With more than 15 years of experience in the cognitive-behavioral treatment of obesity, Dr. Leermakers specializes in motivating individuals to change behaviors, thoughts and feelings that affect eating and exercise.

Cathryn "Chef C" Matthes

Certified Executive Chef, author and speaker, Cathryn "Chef C" Matthes has been polishing her craft for more than 35 years. Overweight from childhood, she gravitated towards healthy cooking early on in her career and is now recognized as one of the "Top Ten Spa Chefs in the Southeast" by *Southern Living* magazine. She has been honored twice by *SpaFinder* for her cuisine here at Hilton Head Health and has been featured in several prominent publications including *The New York Daily News* and *The Atlanta Sports Journal*. She's hosted her own televised cooking program on WHHI and has been a guest chef on NBC's *The Carolina Rhea Show*. In addition to her televised work, Chef C's composed two recipe collections, *Recipes for a New Health Style* for Sierra Tucson and *Hilton Head Health Recipes*. As an educator, Chef C effectively communicates her passion for quality-fresh, local, seasonal and organic foods by delivering entertaining and informative cooking demonstrations, inspiring her audience to abandon dreary dieting schemes and come join her in Celebrating the Nourishing Life! ®

GUEST PRESENTERS

Johanna Smith-Ellis, M.Ed, C.A.S.

Johanna Smith-Ellis is a Certified School Psychologist and Counselor in private practice and has taught a wide range of psychology courses at the college level for 15 years. Johanna has practiced in a variety of settings including schools, mental health facilities, residential treatment programs and outpatient addiction services. Her special interests include depression and anxiety, alcoholism, and both attention and eating disorders.

Marvis Hinson

Chef Hinson is a Certified Culinary Educator from the American Culinary Federation, Inc. As Program Director for the Culinary Institute of Savannah Technical College for more than 25 years, she provides an excellent experience of food selection and handling skills, practical menu suggestions and cooking techniques for new and 'seasoned' home chefs alike. Chef Hinson has won numerous awards in the areas of service, Educator of the Year, and food competitions through local, regional and national organizations.

Nancy Boothby, RD

With a degree in Dietetics from the University of Dayton, Nancy has an extensive background in nutrition consulting and eating disorders. Nancy has provided her services in a variety of settings- hospitals, residential facilities, out-patient facilities and large weight loss companies, such as *Nutri/System* and *LA Weight Loss*. Nancy is available for individual Nutrition Consultations.



Hilton Head Health

14 VALENCIA ROAD
HILTON HEAD ISLAND, SC
29928

///

telephone 800.292.2440
facsimile 843.785.2340

///

HHHEALTH.COM

FITNESS INSTRUCTORS

Amber Shadwick, B.A., M.S., AFAA

Amber is a *Fitness Specialist* at H3- she is responsible for conducting fitness lectures, teaching fitness classes and personal training sessions. She is a certified Group Exercise Instructor through the AFAA. Amber graduated from the University of Kentucky with a B.A. in Kinesiology and Exercise Science and a M.S. in Health Promotion.

Louise Lund, B.S, AFAA

Louise is a certified group fitness instructor through AFAA and a certified personal trainer. She has been working in the fitness industry for over 25 years. Louise specializes in safe instruction for multiple populations. Louise obtained a B.S. in psychology from the University of South Carolina and has worked in fitness throughout her career. She teaches low impact aerobics, toning, strength training, FitBall aerobics, and stretch classes.

Erin Butler, AFAA, MA, CPT

Erin is a Certified Personal Trainer and Group Exercise Instructor through the AFAA, as well as the National Endurance Sports Trainers Association. Erin has been teaching group fitness for over 20 years and holds a Medical Assisting degree from the Bryman School of Medical Assistants in San Francisco, California.

Molly Carrington

Molly has been a Tai Chi instructor at Hilton Head Health since 2004. She is a certified Tai Chi instructor for arthritis under Grand Master Dr. Paul Lam. In her free time, Molly of course enjoys and practices Tai Chi and Qui Cong, Chinese Breathing Exercises.

Linda Lisko, B.S., NETA

Linda has been teaching a variety of classes at Hilton Head Health since 2005. She is certified through Phi Pilates, WaterFit and National Exercise Trainers Association- which makes her versed in Pilates, water aerobics, group exercise, personal training, and yoga. She enjoys bike riding and beach walks in her free time.

Suzanne Brown, B.S., AFPA

Suzanne has been a fitness instructor at H3 since 2004. With a certification in group fitness from the American Fitness Professionals and Associates, Suzanne teaches a variety of classes. Her favorite classes to teach are Treading and Fitball Aerobics.

Christine Varano, B.S., AFPA

Chris has been in the fitness field for over 12 years and joined Hilton Head Health in 2005 with certifications in Pilates instruction, group exercise instruction and personal training through the American Fitness Professionals and Associates. Chris obtained her Bachelor of Science degree from Western Michigan University and is currently working on her Masters.

Cindy Seely, AFAA, AEA

Cindy has been with Hilton Head Health since 1994. As a Carolina native, she has instructed a variety of fitness classes for more than 15 years. She is certified through AFAA as an aerobics instructor and personal trainer and through AEA as an aquatics instructor. Her favorite classes include Fitball Aerobics and water classes.

Karen Verechia

Karen is a certified and registered yoga alliance instructor through the Asheville Yoga Center. Known for her passionate and inspirational style of teaching, she blends a flow of yoga practice with concise alignment and provides individualized attention with specific exercise modifications. Continuing her education last year in Costa Rica, she attended a Thai Yoga Certification Retreat. Karen also teaches a college course at USCB and enjoys sharing the yoga experience with her university students.

Beverly Perfect, B.A., AFAA, NBFEE

Certified personal trainer through AFAA and NBFEE and certified group fitness instructor through AFAA, Beverly has been working in the fitness industry for 10 years. Her group fitness certifications include aerobics, weight lifting, kickboxing, interval training, water aerobics, Pilates, yoga, spinning, hip hop dance and belly dancing. In addition, Beverly is also a certified bicycling instructor and figure skating instructor. Beverly obtained her B.A. from Otterbein College in Westerville, Ohio.

Jackie Spindel, AFAA

Jackie is a certified personal trainer and fitness counselor through AFAA. She is also certified in weight room resistance training, aquatic exercise and Pilates. Jackie teaches Zumba Latin Dance and performs private Pilates Reformer sessions. Jackie earned a B.S. in Physical Education from Brooklyn College in NY and is fluent in both English and Spanish.