



**Clare Day**  
**Medical Exercise Specialist**  
**Corrective Exercise Specialist**  
**Health Coach**  
**Personal Trainer**  
**Group Fitness Instructor**  
**Aquatics Exercise Professional**



Born in England, Clare traveled through the Mediterranean region, Europe and much of the United States before calling Colorado home. From Fitness Specialist at a leading Arizona Country Club and Spa to Director of Fitness & Therapy for a successful Health and Wellness Center, she brings with her, extensive knowledge and experience in health and fitness.

Clare has written articles for Colorado Avid Golfer, Douglas County Living Magazine, Colorado Community Newspapers and, with her experience as a Fitness Model has been in numerous TV and Print articles across the country and internationally. Local events include being featured on the Channel 9 Morning News Show for the 9 News HealthFair and also being the feature model for Healthstyles Exercise Equipment for several years.

With her Medical Exercise Specialist certification, Clare is in an elite group of only 1% of certified fitness professionals; only 20 of which are here in Colorado. She has taught fitness and trained clients of many different abilities and backgrounds, relying on her experience to create fitness programs specific to your individual and unique needs.

**Areas of expertise include:**

- Blood Lipid Disorders
- Core Conditioning
- Fitness Training
- Functional Training
- Group Exercise
- Healthy Lifestyle
- Injury Prevention
- Metabolic Syndrome
- Musculoskeletal Injuries
- Nutrition
- Postural Deviations
- Pre and Post Natal Fitness
- Professional and Recreational Athletes
- Public Speaking
- Rehabilitation
- Stability and Coordination
- Strength Training
- Weight Loss & Management

**Certifications:**

- 4 primary certifications with the American Council on Exercise (ACE)
  - ❖ Medical Exercise Specialist
  - ❖ Health Coach
  - ❖ Personal Trainer
  - ❖ Group Fitness Instructor
- The BioMechanics Method Corrective Exercise Specialist
- Rock Tape© Certified Rock Doc
- Multiple specialty area certifications both aquatic and land exercise