

**Elaine Gordon- Health & Nutrition Specialist
(Health, Fitness, Nutrition, & Beauty)**

Elaine Gordon HCHC, AADP
Board Certified Health, Nutrition & Lifestyle Consultant

I am a graduate from the Internationally Recognized Institute For Integrative Nutrition in New York City, and I earned my certification and education from the World's Largest Nutritional School and its cutting-edge Health Coach Training Program.

During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. My teachers include Dr. Mehmet Oz, The Dr. Oz Show; Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, Director of Yale University's Prevention Research Center; Dr. Walter Willett, Chair of Nutrition at Harvard University; Geneen Roth, best selling author and expert on emotional eating, and many other leading researchers and nutritional authorities.

My education has equipped me with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and my knowledge of different dietary theories, I work with clients to help them make lifestyle changes that produce real and lasting results.

I practice a holistic approach to health and wellness, which means that I look at how all areas of your life are connected. Does stress at your job or in your relationship cause you to overeat and also eat the wrong types of food? Does lack of

sleep or low energy prevent you from exercising or even getting the best workouts for your body? As we work together, we will look at how all parts of your life affect your health as a whole.

My approach is not to DWELL on calories, carbs, fats, and proteins, although all those are extremely important. It is not to create lists of restrictions or good and bad foods, although I will teach you what best propels your body to get the most out of your workouts. Instead, I work with my clients to get the best results for you and your race performance, and also to create a happy, healthy life style in a way that is flexible, fun and rewarding and also effective for your fitness level.

Together we will work to reach your health, fitness and endurance goals in areas such as optimal weight, reducing food cravings, increasing sleep, and maximizing energy to perform better on race day. As we work together, you will develop a deeper understanding of the nutritional food and lifestyle choices that work best for you and implement lasting changes that will improve your energy, balance, performance and overall health so that you will be able to become a top notch athlete who performs at peak condition for not only race day but also in your everyday training workouts.

Elaine Gordon is a National and local Triathlete / Duathlete and also holds a black belt in martial arts and has competed Nationally and Internationally in the sport. Elaine was born and raised in New York City and has moved to El Paso 4 years ago. Elaine has a passion to help, "Get El Paso Fit and Healthy." She also wants to empower the racing community to become more conscience of the foods that fuel their bodies with more clean, organic, holistic meals that increased their stamina, endurance and overall energy levels.

You can learn more about my health and nutritional consulting by calling me at 915-309-0993 or 206-409-2133. You may also email me at Elaine@elainegordonconsulting.com or visit my web site at www.elainegordonconsulting.com.