

PERSONAL TRAINER

Candace Oates

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My love for fitness came about in my mid 20s after realizing at a regular doctor's appointment that I was pre-diabetic, had borderline high cholesterol and elevated blood pressure. I took a personal journey to learn everything I could about health/fitness to stave off illnesses and be as healthy as I was able. During this process I lost over 100 lbs, was rid of all metabolic diseases and found a new passion for health/fitness.

Nutrition Coach I believe that consistency = results and results can be achieved one small lifestyle change at a time! Although I am well educated on low carb and Keto lifestyles, my primary focus as a health coach is on a well-rounded dietary intake through the REDUCTION (not elimination!) of carbohydrates.

Experience

For the past 15 years I have specialized in training for weight loss, weight management and overall strength conditioning.

Specialties

- weight management
- health coaching
- diabetes prevention
- personal & group fitness

Take the first step.

Call 970.962.2FUN to schedule an appointment today!

