



CSNA Graduate International Advisory Board

Tracy Kaye Holly CSNA Master
CHI Executive Director



Greetings to all potential CSNA students! The CSNA Graduate Advisory Board is designated for potential students who have questions regarding the educational influence, health impact or career value of the CSNA education program.

Please feel free to email any of our CSNA Graduate Advisors listed below with questions concerning course content or application in life and business.

Thanks so much TKHxx

USA



Debbie Perry CSNA Master



Debbie lives in Ogden, Utah. She and her husband Guy own and operate Salt Lake Running Company in Salt Lake City. Debbie is also a Colgan Power Program Strength Trainer and a USA Triathlon Coach. Debbie is a former collegiate distance runner turned elite triathlete. A three time All American age group triathlete, she finished 2005 as the number 1 ranked triathlete in the U.S. in the 35-39 age group and qualified for multiple world championships. Debbie has been a competitive athlete and/or coach for over 23 years.

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USA



Kevin S. Paluch CSNA Master



Kevin S. Paluch lives in Lake Geneva, Wisconsin. He is the COO of the Geneva National Golf Club and Founder of the Par for Life Institute in Lake Geneva. He has devoted his life to gaining knowledge on optimal nutrition and physical training in order to increase the health and golf span of clients. Kevin is a 25 year PGA member, Colgan Institute Power Program faculty member, Master Power Program Trainer and a Certified Postural Alignment Specialist.

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SPAIN



Katie Handyside CSNA Master



Katie resides in Santa Catalina in Palma de Mallorca Spain. She has traveled the world for the past 10 years. Katie owns and operates a personal training and sports nutrition business. She promotes a healthy lifestyle to clients which includes motivation through exercise and healthy eating habits. Katie also writes articles in a local newspaper on health and wellbeing.

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CANADA



Wade Lighthouse CSNA



Wade lives in Vancouver, British Columbia Canada. He is a three times National Body Building Champion. He is one of the world's premier online trainers. Wade majored in Sports Science at the University of New Brunswick and has authored four training books, sold in over 80 countries. Wade is dedicated to helping others achieve physical, mental and spiritual balance through health and fitness via personal coaching, nutritional guidance, and overall fitness consulting.

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CANADA



Nathan Hearts CSNA Master



Nathan Hearts currently resides in Surrey, B.C. with his wife Melanie and 2 year old son Devon. Aside from training with weights, Nathan enjoys such activities as snowboarding, fishing, hiking, and anything outside! Nathan currently works in materials management at BC Hydro, one of Canada's largest power utilities. Although he has a so called "desk" job, he's always thinking about health, nutrition, and exercise, and sits on a fitness ball at work rather than a chair, always on the ball!

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THE NETHERLANDS



Remy Moelchant CSNA



Remy lives in Venlo, The Netherlands. Remy became interested in human movement, athletic energy and sports nutrition when he achieved his first national Dutch title in Tae Kwon Do. He is working to develop more physically with Yoga, Pilates, Krav, Maga and Capoeira. He is currently studying Dr. Colgan's Master Personal Trainer program course and sports physiotherapy.

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SOUTH AFRICA



Sue Rault CSNA



Sue lives in Johannesburg, South Africa. She and her husband Mark manufacture distilled water (and distillers) for drinking purposes. They also manufacture Sports Supplements and run a Sports Therapy and Hyperbaric Oxygen Treatment Centre. Sue is an active Masters athlete and competes in cycling (Road and MTB), running and Triathlon.

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UNITED KINGDOM



Matt Kendrick CSNA



Matt began his training in Sports Therapy and Sports Massage Therapy with the Welsh Institute of Sports in Cardiff and then went on to train with the American College of Sports Medicine in London, the only degree level qualification in Health and Fitness Instruction. Matt founded MK Personal Training Academy in late 2001 with the goal to redefine Personal Health and Fitness, combining all aspects of Health and Wellbeing with the very best fitness expertise, nutrition, massage, chiropractic, doctors, chef and Pilates instruction available.

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