



**NEW**  
**Columnist**



## Patricia Siegel @thefitpelvicfloor

Founder, CEO, and Author The Fit Pelvic Floor, Certified Sports Therapist, Scientist

### “From A Personal Problem To A Professional Calling” pg.46

Patricia Siegel was born and raised in Germany and competed there semi-professionally in track and field, specializing in the 800m. She studied sports sciences at the University of Potsdam, Germany and graduated as a Certified Sports Therapist specializing in rehabilitation and prevention. In 2008 Patricia came to the United States on an athletic and academic scholarship and started working in New York City after graduation. In 2016 she moved to the West Coast and started competing in the sport of triathlon from the sprint distance all the way to Ironman. She has a two-year-old daughter and lives with her husband and two dogs in Arroyo Grande, California.

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## Dr. Chelsey Spano @drchelsey

Chiropractic Doctor, Medical Acupuncture Provider, Honors Bachelor of Kinesiology, Clinic Owner & Director Roseland Wellness, Body Recomposition Coach

### “Training For Bone Health” pg.41

Dr. Chelsey is an athlete at heart, who is passionate about exercise, nutrition, and health. An energetic, positive, health-minded mom of two, she aims to live by example for her babies, and patients. A graduate of Canadian Memorial Chiropractic College (CMCC), she achieved a prestigious clinic honors designation. Prior to attending CMCC, she graduated with an Honors Bachelor of Kinesiology from McMaster University, and earned a designation as an Acupuncture Provider. Dr. Chelsey is a member of the International Chiropractic Pediatric Association, and a Certified Webster Technique Provider offering specialized techniques in prenatal care. Dr. Chelsey strives to educate and empower others to be an advocate for their own health. She is passionate about helping people with the goal to reduce pain, and improve function. Her mission is to help others live not only pain-free but to live well.



## Carole Wathier @cwathier

Figure Natural Competitor

### “Supersets For The Win” pg.60

Carole Wathier loves to challenge herself, especially now in her 50s, and she's been doing so in the fitness world for over a decade. But her passion for inspiring people is really the one thing that continues to push her to get stronger every day. Carole loves to inspire. She wants to encourage others to be the best version of themselves and stay true to themselves with the belief that we can do hard things. Carole says that when you feel good, you do better in life. And she's leading by example.



## Julia Shelley @juliashelley

Pro Fitness Champion, Founder Army of Angels Inc., Coach

### “Power Up!” pg.62

Julia Shelley is a Pro Fitness Champion who took the road less traveled—literally. While stationed in warzones with the United Nations, she trained herself for competitions in places such as Afghanistan, Sudan, and Congo. Proving you don't need fancy gyms to crush your goals, Julia prepped for almost every competition while deployed. After 10 years and 34 tours, she returned home to launch Army of Angels Inc., where she now coaches women to level up their fitness, nutrition, and mindset. She's all about using fitness to boost mental health too, after seeing its positive impact on coworkers and soldiers abroad.