



I'm Doreen Bednarski, health/nutrition coach here @ Clay 'Cuse Camp.

I joined 'Cuse Camp by entering a challenge in April 2015 & I'm still working out every day. Since joining I am proud to say that I've worked out at over 2300 sessions!

I have been a TLS Health Coach for years and worked on & obtained my FBBC trainer certification. I am also a certified 2B Mindset Mentor & achieved Level 1 Precision Nutrition Certification. Before retiring in 2015, I was a special education teacher working mostly with children with high needs, many of whom were on the autism spectrum.

As an overweight child, teenager & adult I lost 20, 30, 40 even 50# many times, but I always regained the weight (often more than I lost). I have been on more diets than I'd like to admit. The combination of 'Cuse Camp workouts & TLS have made all the difference for me. I have maintained my 50# weight loss for over 5 years! I tell you this because I feel it's important for you to know that I have been where you are. I let the scale determine whether it was a good day or a bad day. I let the scale determine my worth. I am better than that & so are you!

As a health/nutrition coach, I am here to help you be successful in reaching your goals. I truly understand the struggles that food can have over a person. I still struggle every day, but I am determined to be healthy & fit. So many of my friends are taking multiple prescriptions, seeing various doctors for aches & pains & generally have a poor quality of life. I refuse to let that be me & I don't want it for you! Be sure to schedule a nutrition consult right away & start this challenge off right! Friend me on Facebook: Doreen Van Cott Bednarski! We're all in this together!



My name is Lindsay.

I'm a health coach at Clay 'Cuse Camp.

I got my start in nutrition in 2012 while looking for some alternative medicine for some family members when traditional medications weren't cutting it anymore. The concept that food could be medicine opened up my eyes to a world I had never imagined and had to learn more about. In 2013 I enrolled in The Institute for Integrative Nutrition where I learned over a 100 dietary theories, unique wellness concepts like bio-individuality, and how to help others incorporate "Primary Foods" into their lives. Once I graduated I started my own health coaching practice called Upstate Health Solutions llc where I've been able to help others become their best selves through one on one coaching.

Fitness has never been a huge priority in my life...well to be perfectly honest I've always HATED it! I'm not really a natural athlete and have felt awkward in nearly every form of exercise I've tried- UNTIL NOW. Not to say I'm suddenly coordinated or graceful, but after 2-3 sessions at Clay 'Cuse Camp and I was hooked! Finally there was some form of physical fitness that I enjoyed and looked forward to!

I feel so blessed to not only have found Clay 'Cuse Camp, but to now join part of the team. I look forward to getting to know you!



My name is Julie Nedell and I am a TLS Health Coach with Clay 'Cuse Camp. I hold a BS in Education from SUNY Plattsburgh.

My journey to wellness began a few years ago. Tired of always cheering my active teenagers from the sidelines, I committed to a 100 mile charity bike ride with my 16 year old son. The thought of this was daunting to say the least because I had not been on a bicycle in many years. With a clear goal in mind and the support of a great coach, I made changes in my lifestyle while working on learning how to properly train, I was able to finish the ride. More importantly, I found energy and focus that I have not had in years. It was time to pay it forward. I shifted gears and learned how to help others with the TLS program.

Fast forward to now – I have successfully coached people near and far. As a coach, I believe in meeting my clients where they are, helping them to identify clear goals, developing a plan of action and implementing small manageable changes that will lead to success.

Consistency, focus and accountability along with support and guidance will lead to YOUR success in reaching your goals! Your journey starts with a conversation. I can't wait to meet you!