

Become a Fat-Burning Machine

Change Your Diet for Performance and Health



Gale Bernhardt is the co-author of "Become a Fat Burning Machine: The 12-Week Diet." She helped Mike Berland, her co-author, successful business man and active athlete, solve one of his toughest problems – gaining weight in spite of being very active.

Gale is a successful coach and fitness consultant. Her experience with top-level athletes is used to help people looking to achieve lifestyle success. She adapts the same training principles used by successful Olympians for people looking to achieve new levels of personal health & fitness.

Gale coached an individual cyclist to success at the 2000 Sydney Olympic Games. In 2004 Gale was selected to be the USA's Triathlon Coach for both the men's and women's teams for the Athens, Greece Olympic Games. She was also named as the 2003 Pan American Games Coach for both the men's and women's teams.

Not only a coach, Gale is an accomplished athlete herself. She has completed the grueling Leadville 100 Mountain Bike Race 11 times and used the Fat-Burning Machine diet to reach her ideal racing weight in 2015.

Gale Bernhardt is the author of 7 books and her writing has appeared in Triathlete, the Active.com newsletters (Triathlete, Cyclist, Insider, Runner and Women) Inside Triathlon, Rocky Mountain Sports and Fitness and the VeloNews Gear Guide and other well-known publications. She is recognized as a fitness authority, with interviews in Outside, Runner's World, Bicycling, Her Sports, USA Today, Muscle and Fitness HERS for Women, Newsday and Cooking Light to name a few. She was recognized by Men's Fitness as one of the top online coaches.

She lives with her husband and 2 dogs in Loveland, CO.

DATE: Wednesday, April 20, 2016

TIME: Social time starts at 7 pm and the presentation starts at 7:30 pm

LOCATION: Fort Collins Senior Center, 1200 Raintree Drive, room 3

SPONSORING GROUP: Fort Collins Colorado Mountain Club

CONTACT: Bob Dietz, cmc.program.director@gmail.com