



Teresa Ostler
General Manager
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Teresa Ostler, RN, BSN leads Skyterra's daily operations with incredible passion. As a veteran health professional and long-term weight controller, Teresa knows firsthand the effect nutrition, fitness, stress management, and hydration has on our bodies as we seek to create a healthy new lifestyle.

Teresa has a lifetime of nursing experience helping others stay safe and healthy. For over 40 years, she worked as an RN in the emergency room at a children's hospital in Utah. This experience cultivated resiliency, knowledge, compassion, empathy, and leadership qualities that translate to her work at Skyterra. She is committed to the Skyterra philosophy as we seek to make a difference in the lives of our guests, one day, one step at a time.



Amber Shadwick
Director of Program Development
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Amber Shadwick is a nationally recognized fitness and wellness professional who holds a high reputation in the weight loss and wellness industry. She has created multiple destination wellness programs and comes to Skyterra with unparalleled experience and an unrivaled network of relationships and clientele.

Amber embraces meeting individuals where they are and is soulful and compassionate about everyone's wellness journey. She leads Skyterra's wellness program with grace and balance. Her genuine and wise essence inspires nourishment of the mind, body, and spirit, which ultimately encourages complete and sustainable wellness. Her background in fitness and kinesthetics provides a rooted and balanced foundation of health, healing, and active living. Amber's journey to wellness and teaching has transpired through the years and amongst many disciplines. She brings with her a wealth of well-rounded expertise.

QUALIFICATIONS (Selected)

- B.S. in Kinesiology; M. S. in Health Promotion
- Former Aerobic Trainer for the University of KY Women's Gymnastics Team
- Certified ACSM Fitness, Wellness and Health Coach
- IWA Integrative Wellness and Life Coach
- CPT- Certified Personal Trainer
- 500-E RYT; IYT Advanced Teacher of Therapeutic Yoga
- Functional Yoga Therapy Certified Instructor
- AFAA Group Fitness Instructor
- ACA L2 Paddleboard Instructor
- ACE Stand Up (Paddleboard) Fitness Instructor
- BIC SUP Ambassador; K2 Ambassador
- TRX Suspension Trainer
- Schwinn Indoor Cycling Trainer
- Primary Nutrition Certification



Jeff Ford **Fitness Director** ***jford@skyterrawellness.com***

Jeff directs Skyterra's fitness program and leads classes in a manner that is real, comforting, and authentic. He customizes his work for every individual and designs the fitness program to be accessible and challenging for all levels. His passion for educating people is infectious! His vision is to be a leader in the health and fitness industry and to teach guests safe, effective, research-driven strategies for helping achieve their goals.

As a finisher of three Ironman triathlons and over ten marathons, Jeff has learned many lessons about how fitness and exercise apply to longevity and well-being – sometimes the hard way! Like many of our guests, he has been a restrictive over-exerciser and has learned from personal mistakes. With a decade of professional health and fitness experience behind him, Jeff's current motivation is to help others get in front of the issues that have them "stuck." He believes that the essential aspects of every fitness routine are always proper movement and personal enjoyment.

CERTIFICATIONS & EXPERIENCE

- BS Marketing Health Services, Clemson University
- ACSM Wellness Coach
- ACSM Personal Trainer
- ACE Weight Management Specialist
- FMS Certified Professional
- CrossFit LII Trainer; Endurance, Mobility, Rowing and Cycling Coach

Jeff is the former Fitness Director of Hilton Head Health. He has over six years of practical experience coaching weight loss and endurance training. As a certified Wellness Coach, he's been devoted to helping people move better and lead healthier lives since graduating from Clemson University in 2010. In addition to his full-time role at Skyterra Wellness, Jeff is the Head Coach of Triathlon for Power Speed Endurance (PSE) and is finishing up his Master's Degree in Health Education from Eastern Carolina University.

www.SkyterraWellness.com
www.SkyterraAtHome.com



Kate Hannon
Director of Wellness
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Kate has worked in the mental health field for over fifteen years. She is dedicated to guiding individuals on their health and wellness journey to the ultimate place of healing, back to themselves. With her extensive background in working with people of all ages experiencing high levels of stress, anxiety, depression, addiction, and disruption in family system, Kate focuses on teaching stress management skills through various interventions, mostly which include mindfulness-based stress reduction (MBSR), person-centered counseling, motivational interviewing, and expressive arts therapy.

Kate received her Bachelor's degree in Human Development and Family Studies from the University of Connecticut and earned her Master's in Transpersonal Psychology at The Institute of Transpersonal Psychology in Palo Alto, CA. As a Certified Intuitive Eating Coach, her goal is to help those who want to become more connected to themselves by increasing awareness through curiosity and self-kindness to recognize what stands in the way of living a life of intention and empowerment. Kate enjoys spending time with her husband and daughter relaxing on the porch, listening to the sounds of the forest.



Lindsay Ford, RD
Director of Nutrition Services
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Lindsay Ford, MS, RD, is the lead nutrition educator for Skyterra Wellness. Lindsay works cohesively with the culinary team to ensure adequate nutrition for all guests as well as providing individual consultation. Lindsay has years of experience working with those that have chronically struggled with their weight, those battling with disordered eating and eating disorders, as well as supporting those seeking to enhance athletic performance.

Lindsay's passion for health stems from being a collegiate soccer player for Ball State University in which a personal battle with disordered eating her freshman year planted the seed to help others in the future. Lindsay completed her undergraduate degree in Exercise Science followed by a Master's Degree in Nutrition. In addition, Lindsay loves a good hike, enjoys cooking and happens to be married to Jeff Ford, Skyterra's Fitness Director.

QUALIFICATIONS (Selected)

- BS Exercise Science, Ball State University
- MS Nutrition, Ball State University
- Former ACSM Wellness Coach
- Registered Dietitian for Power Speed Endurance
- Registered Dietitian for Flexxbar Company
- Pursuing CEDRD certification
- Member of IAEDP; International Association of Eating Disorders Professionals
- Member of SCAN; Sports, Cardiovascular and Wellness Nutrition DP



Michael Vess
Culinary Director & Executive Chef
mvess@skyterrawellness.com

Every guest has different dietary needs and preferences, but all deserve food that's beautiful, beneficial, and delicious. Michael taps into his years in the restaurant industry to ensure that each Skyterra visitor enjoys a nourishing, memorable dining experience at every single meal.

A lifelong cook, Michael has been a leader in some of the Southeast's most well-regarded kitchens, including the Southern favorite Tupelo Honey. His multi-faceted cuisine has deep roots in traditional comfort cooking, but it is constantly informed and inspired by both world and local themes. A visit to the Skyterra culinary center during meal-times confirms that his stunning dishes illicit a glowing response from everyone who tastes them.

He works closely with Skyterra's resident dietitian to establish varied, nutritionally dense menus for our guests. Everyone – regardless of food allergies, restrictions, or dislikes – is guaranteed mouth-watering foods with a complete nutritional profile. Michael sources whole, quality ingredients from local farms and high-integrity purveyors, so guests receive only the best.

In Skyterra's culinary center, the value of food is not reduced to calories, protein, carbs, and fat. Macronutrient content and portion sizes are important, but so are the sensory thrills and the sense of community that meals provide. Michael's passion and dedication to his craft ensures that every guest associates eating with mindfulness and pleasure, and are empowered to do so upon their return home.



Ellwood Crowell
Director of Recreation & Adventure
ecrowell@skyterrawellness.com

Ellwood was born and raised in Utah. Fostering his love for adventure, Ellwood enlisted in the United States Navy and served on active duty for five years. After many overseas adventures, he moved back to Utah.

Upon return, Ellwood worked as the Logistics Director at Utah's premier Wilderness Therapy Program, where he helped at-risk youth and adults. There, he was able to deepen his wilderness knowledge, skills and love of the great outdoors.

Ellwood brings to Skyterra an unmatched skill set of passion and knowledge. His adventuresome spirit is entwined in everything he does and represents. He is an accredited SOLO First Aid, CPR and Wilderness First Responder. When not working, he can be found adventuring with his German Shepherd, Gunner. They both love to hike; camp, fish, hunt, backpack, swim, and most importantly, chase a ball around.