



Leadership Team

In 1996, when Lisa Winder and Tim Hawkins met, the synergy of their respective interests in health and physical therapy formed Windhawk, Arizona's cutting-edge wellness center focused on empowering clients to achieve the perfect balance between *Right Nutrition, Right Use* and *Right Mindset*.

Lisa Winder ***Chief Operating Officer***

With a family steeped in the medical profession and an innate passion for and understanding of the body's natural ability to maintain homeostasis and to heal itself, Windhawk co-founder Lisa Winder was destined to achieve greatness in the field. The turning point came when her grandmother lost her legs due to a degenerative disease, galvanizing Lisa's focus, driving her to passionately commit herself to finding wellness solutions that work, and educating people on prevention and how to be responsible for their own health.

Lisa has over a decade of experience working with individuals and groups on ways to optimize their health and enhance their quality of life. As a member of the Windhawk executive team, Lisa manages the day-to-day business operations, including the planning and development strategy. She also designs the training and systems of Windhawk programs, ensuring only the highest quality client care. Prior to forming Windhawk, Lisa spent several years conducting nutritional counseling and live blood cell analysis for a physician practice in Florida, and subsequently for a multi-million dollar nutritional supplement company.

Lisa is trained in the Active Isolated Stretching technique and has been a nationally licensed massage therapist since 1998, using these skills to develop and refine the Windhawk Method. She is also a certified nutritional counselor. Lisa graduated from Northern Michigan University with degrees in both international studies and Spanish, while minoring in marketing and business administration.

Lisa is committed to her own health and wellness. She enjoys running, swimming, cycling, hiking and participating in local fitness events as well as Windhawk's core and functional strength circuit classes.



Tim Hawkins

Chief Executive Officer & Vice President of Research and Development

After suffering a rotator cuff injury, Windhawk co-founder Tim Hawkins began a quest to heal himself without surgery. From this experience, he developed a passion for understanding the human body and its movement. Tim is now an expert on soft tissue disorders, proper body mechanics and a trained specialist in Active Isolated Stretching.

At Windhawk, Tim achieves amazing results with many conditions ranging from chronic fatigue syndrome to conditions as specific as plantar fasciitis. His specialty incorporates Active Isolated Stretching / Myofascial Elongation and core and functional strength, which is designed specific to an individual's weaknesses. The uniqueness of this method is that he educates his clients on how to treat themselves and their injuries. He also is a member of the Windhawk executive team.

A nationally licensed massage therapist, certified in neuromuscular therapy and personal training, Tim has over 10 years of hands on experience working with thousands of various athletes of all ages and abilities. He specializes in working with runners, triathletes, cyclists and swimmers, including a number of Olympic athletes. He has also spent time instructing classes on Myofascial Release and Neuromuscular Therapy, as well as Anatomy and Physiology.

Tim is a frequent speaker on various health topics such as osteoporosis, carpal tunnel syndrome, and the benefits of oxygen and detoxifying the body. He spent three years as the head of research and development for a multi-million dollar nutritional company. He also has extensive experience in systemizing organizations, which he learned from the prominent Gerber Institute, where he received one-on-one coaching in systemizing and business development.

A dedicated athlete himself, Tim enjoys competing in triathlons, martial arts and ice hockey, among other activities.



Tanya Hudson, D.C.
Director of Research and Development

Dr. Tanya Hudson's enthusiasm for nutrition stems from a deep-rooted philosophy of restoring and preserving optimal health, without the use of drugs or surgery. Her fascination of cellular function and the body's innate ability to adapt to external and internal stimuli led her to earn her bachelors of science in biology with emphasis in human anatomy, physiology and chemistry. Her education continued at Logan University in the pursuit of a doctorate in chiropractic where she received clinical and extensive diagnostic training in the largest of the alternative / complementary health professions in North America. She continues to keep abreast on nutrition and sports medicine through research and post graduate seminars. The integration of musculoskeletal, neurological, vascular and nutritional training provided a foundation in understanding the interrelationships each has over the overall health and function of the body.

At Windhawk, Dr. Hudson serves as the director of research and development where she leads the research efforts in product development to create a product line that enhances health and performance at every level.

Recognizing the significance of applied knowledge, Dr. Hudson has devoted the past 10 years educating patients and the general public on the principles of health so that they may in turn take responsibility for their health and take action for prevention. Dr. Hudson has worked with professional athletes in improving performance levels, in developing training programs and assisting health professionals in the care and nutritional management of their clients and in preparing and presenting nutritional lectures to the general public.

Dr. Hudson's recreational interests include off-road biking, participating in running events, hiking, and core strength training.