



Mary J. Barry, R.N., PhD

Senior Adjunct Fitness Faculty

Mary Barry's expertise and experience includes prevention of disease through healthy lifestyle behaviors. She has conducted research through the University of Colorado Medical Center on obesity prevention in community and school-based programs focusing on physical activity and healthy eating. Additionally, she has worked in women's health, cardiac rehabilitation, and family medicine, taught at the collegiate level and traveled extensively working with underserved populations providing public health education and primary care. Mary works with executives at CCL®, consults and contracts with other organizations such as the Betsy Magness Leadership Institute for the last 10 years focusing on resiliency, sleep, exercise and behavior change through individualized health coaching and its impact on leadership and performance.

Current Role

Mary works at CCL as a senior fitness faculty member providing health and physical fitness information to Leadership at the Peak participants. Her passion for a healthy and energetic lifestyle is shared with her family, who frequently run, hike, bike and ski. She continues to compete as a triathlete and Nordic skier.

Educational Background

Mary's education includes a baccalaureate in nursing, masters in sports medicine, and Ph.D. in health and behavioral sciences.

Professional Affiliations

American College of Sports Medicine

Kidpower of Colorado Board Member: Vice President

Volunteers at numerous organizations in Colorado related to health promotion.



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