



Stark Health Marks 15 Years as the Nation's First Fully Integrated Health Optimization Facility

TUSTIN, CA, UNITED STATES, August 24, 2026 /EINPresswire.com/ -- Stark Health, the Southern California health optimization company founded in January 2011 in Irvine (later relocated to Tustin in 2022), today marks fifteen years of operation as what is believed to be the first facility in the United States where doctors, personal trainers, nutritionists, and chiropractors work as a single integrated team — with DEXA body composition and bone mineral density scanning and comprehensive bloodwork driving every program — under one roof.

While individual wellness clinics, fitness centers, and longevity practices have long served Americans seeking better health, Stark's founders identified a critical gap: the absence of true clinical integration at the point of training. Leading fitness industry consultant Thomas Plummer conducted a nationwide search in 2015 and found no comparable operation.

"Most people working with a personal trainer never show that trainer their bloodwork," said Todd Vande Hei, CEO and founder of Stark Health. "And most people seeing a doctor never bring their doctor to the gym floor. We built Stark because that gap was costing people results — and in some cases, their health."

The Stark Model: Integration as the Product

At Stark's Tustin and Newport Beach locations, a student's bloodwork may reveal low testosterone. The doctor adjusts the protocol. The nutritionist reformulates the diet. The trainer rewrites the program — correcting the movement patterns DEXA body composition scanning revealed. The chiropractor addresses the structural issue underneath.

Six weeks later, the student's life is different. That outcome is impossible if those four practitioners never talk to each other. At Stark, they do.

This integration is not incidental — it is the product. It is what separates Stark from the growing field of longevity clinics, corporate wellness programs, and executive health centers that have emerged in recent years, most of which operate as coordinated referral networks rather than unified teams.

Fifteen Years, Two Locations, One Philosophy

Stark opened January 2, 2011 in Irvine, California — later relocating its primary operations to Tustin in 2022 — at a time when the longevity and health optimization category barely existed. Upgrade Labs launched in 2017. Fountain Life in 2021. Function Health in 2022. Stark predates them all — not as a concept, but as a functioning integrated facility serving real students with real results.

Today, Stark serves hundreds of students across its Orange County locations, hosts the Health Is A Skill podcast with host Todd Vande Hei, and is expanding its reach through digital health education targeting the business leaders and executives who need this model most.

"The business leader who has optimized everything in their company but nothing in their physiology is our person," said Vande Hei. "Health is a skill. And you can learn it — faster than you think, with the right team."

About Stark Health

Stark Health is a health optimization company with locations in Tustin and Newport Beach, California. Founded in 2011, Stark integrates doctors, personal trainers, nutritionists, and chiropractors into a single team — with DEXA body composition and bone mineral density scanning and bloodwork driving every individualized program. Learn more at stark.health.

Media Contact:

Alyssa Adair
pr@stark.health
stark.health

Todd Vande Hei
Stark
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/936115785>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.