

# Veronica P.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

## Hobbies and Achievements

- Positive thinking
- Healthy (and creatively delicious!) cooking
- Swimming and water instruction (16 years competitive swimming)
- Endurance competitions (marathons, triathlons, mud races, centuries)
- Hiking, rock climbing, kayaking, and outdoor adventuring



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)