

# Brittany H.



**Certified Personal Trainer**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Nutrition and Community Health from The Ohio State University
- MS in Sports Nutrition from San Diego State University
- MS in Exercise Physiology from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Varsity Cross Country at Ohio State
- Ran the 2012 Boston Marathon
- I love the beach
- Hiking
- Yoga



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