

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



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 085

