

# Monica O.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BA in Psychology from University of MN, Twin Cities and California State University, Fullerton
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Working Out
- Kayaking
- Sailing
- Jet Skiing
- Skydiving



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