

# David B.

## Education & Certifications

- BS in Holistic Health from Mueller College
- BS in Professional Fitness Trainer from Mueller College
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



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

## Hobbies and Achievements

- Veteran US Army Infantryman (2000-2004)
- Strength training
- Staying current on fitness and nutrition research
- Staying active
- High school Varsity lacrosse



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