

# Kristen F.



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

## Education & Certifications

- BS in Exercise Science from Indiana Wesleyan University
- Dietetic Technician from Central Arizona College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Soccer
- 2007 NAIA National Champion
- Hiking
- Running



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Club ID: 104

