

# Jeff O.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- in Sociology from University of California at Santa Barbara
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Running
- Biking
- Slacklining
- High school track and field coach
- Basketball



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