

Steve H.



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

Education & Certifications

- MA in Multicultural Counseling from San Diego State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Downhill skiing 40+ years
- Wilderness Backpacking 30+ years
- Yoga & Meditation 25 years
- Volunteer Ski Patrol at Bear Mountain 2011-2012
- Solana Beach Sprint Triathlon 2011 & 2012



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24hourfitness.com/personaltraining

Club ID: 160