

Cristina R.



Team Member Since: 2003

Education & Certifications

- BS in Kinesiology from Chapman University
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- An active lifestyle and hiking
- Baking and organic food
- Weight training
- Hanging out with friends and family



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