## Misty H.



Certified Personal Trainer Team Member Since: 2011

## **Education & Certifications**

- BA in Public Relations from University of Texas at Arlington
- MS in Kinesiology from Dallas Baptist University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer
- TRX Suspension Training Certified TRX Instructor

## **Hobbies and Achievements**

- 2009 Ironman Canada & 2013 Ironman Tahoe Finisher
- Triathlon, Cycling, Running
- Team In Training 8 time Alumni
- 2013 TriBike Transport Team Ambassador



For more info about this trainer, scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

