

# Kelly H.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Bodybuilding
- Hiking
- Biking
- Gluten-free cooking
- Crafts



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