

# Crystal C.



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

## Education & Certifications

- Degree: BS in Sport Medicine from University of Nebraska-Omaha
- Degree: MS in Nutrition & Exercise Science from South Dakota State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Running
- Hiking
- Biking
- Work out
- Huge College Football/Basketball/Soccer fan



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