

# Mindy P.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BS in Exercise Sports Science from Brigham Young University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Playing basketball
- Camping and hiking
- Playing soccer
- Movies
- Speaking Spanish



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