

Chris H.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Engineering from University of Idaho
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Sports
- Computers
- Ballroom dancing



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