

# Karen L.



**Master Trainer**  
**Team Member Since: 2005**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Psychology from Western Washington University
- 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 Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Downhill skiing
- Reading
- Gardening
- Hiking
- Boating



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