

# Jay M.

## Education & Certifications



- BA in Sports Medicine from Kansas Wesleyan University
- MS in Kinesiology from University of Texas at Tyler
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Athletic Trainers Association - Athletic Trainer Credential

**Team Member Since: 2004**  
**Sessions Serviced: 10,000 +**

## Hobbies and Achievements

Home Improvement  
Throwing the discus  
Watching cartoons with my kids  
Painting/ Writing



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)