

# Tawna W.

## Education & Certifications

- BS in Physical Education with an emphasis in Exercise Science from Utah State University
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Master Trainer**  
**Team Member Since:**  
**2008**

## Hobbies and Achievements

- Dance
- Outdoor activities
- SCUBA diving



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