

# Diane H.



**Master Trainer**  
**Team Member Since: 2003**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BA in Business/Finance from Marylhurst
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Running
- Destination Races
- Downhill Skiing
- Golf



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