## Tricia K.



Certified Personal Trainer Team Member Since: 2012

## **Education & Certifications**

- BA in Economics from University of California Davis
- AED (Automated External Defibrillator)
- 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

## **Hobbies and Achievements**

- College Varsity Tennis
- Finisher Portland Marathon 2000
- Hood To Coast Relay 4x Finisher
- Weight Training
- Healthy Cooking/Nutrition



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