

# Sam T.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Social Science from U.S. Air Force Academy
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Air Force Academy Football 2003-2005
- Researching Nutrition and Fitness
- Playing Pick-Up Basketball
- Hiking



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