

# Lonny L.



**Master Trainer**  
**Team Member Since: 1999**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Human Nutrition from University of Hawaii Manoa
- MS in Nutritional Sciences from University of Hawaii Manoa
- MS and Registered Dietitian Internship from Yale - New Haven Hospital
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Eating and cooking
- Basketball
- Body boarding
- Spending time with family



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