

Shelia W.



Team Member Since: 2003

Education & Certifications

- BS in Kinesiology and Fitness Management from the University of Pennsylvania
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- 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

- Going to the movies with my son
- Self help books



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