

# Meghan R.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BA in Psychology/Justice Studies from University of New Hampshire
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

## Hobbies and Achievements

- Football
- NPC competitions
- Hiking and hunting
- Hockey
- Cooking and nutrition



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)