

# Lisa D.



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

## Education & Certifications

- BS in Diet and Clinical Nutrition from Robert Gordon University, UK
- Certified Applied Functional Science from Gray Institute
- AED (Automated External Defibrillator)
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification

## Hobbies and Achievements

- Time with family, friends and my 2 dogs
- Optimal Nutrition and cooking
- Integrative and holistic approach to health and wellness
- Movies, reading and yoga



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

Club ID: 659