

# Joseph R.

## Education & Certifications

- MA in English from University of South Alabama
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist



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

## Hobbies and Achievements

- Muay thai
- Brazilian jiu-jitsu
- Working out
- Finding new and unique foods



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