

Matt H.



Team Member Since: 2011
Sessions Serviced: Less than 2,000

Education & Certifications

- BA in Exercise and Sport Science from Western State College of Colorado
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Rock Climbing
- Running
- Hiking 14ers
- Snowboarding and Skiing
- Ran Collegiate Cross Country and Track



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