

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

Club ID: 668

