

# Idella B.



**Master Trainer**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Sports Medicine from Oklahoma Baptist University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Running
- Video games
- Interior design
- Working out



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