

# Jason M.



Team Member Since: 2006

## Education & Certifications

- BS in Kinesiology from Stephen F Austin State University
- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Spending time outdoors
- Weight training



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