

Ozie O.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- MS in Nutritional Science from Texas Tech University
- BS in Nutritional Science from Texas Tech University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council for Certified Personal Trainers - Future Fit Inc.
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2008 Olympic Trials - Hammer Throw
- Art
- Cooking
- Volunteering



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24hourfitness.com/personaltraining

Club ID: 697