

# Misako W.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2009**

## Education & Certifications

- BA in Physical Education from Nihon College of Physical Education in Tokyo, Japan
- 24 Hour Cycle & Schwinn Fitness certification
- Zumba and Aqua Zumba certification
- International Fitness Association Aqua Fitness Instructor certification
- WSI (Water Safety Instructor) certification
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Triathlon competition for 26 years
- Competed in 13 races a year for 26 years
- Nationally ranked Number 1 in Japan for 9 years
- Triathlon World Championship
- World cup Japanese National team
- Taught high school and middle school physical education
- High school swim, track and field coach



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