

Lorie Z.



**Certified Personal Trainer
Team Member Since: 2008**

Education & Certifications

- BS in Business Administration from San Jose State University
- MS in Nutrition and Food Science from San Jose State University
- Registered Dietitian
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Climbed Kilimanjaro in 2011
- Completed Silicon Valley Marathon in 1999
- Completed San Francisco Marathon in 1998
- Working towards finishing a century ride in 2012



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