

Amber O.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- BS in Kinesiology from California State University Sacramento
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I enjoy hiking as it combines my love of nature and fitness.
- I love cooking and healthy eating so making healthy food is a passion.
- I played Volleyball and Softball in high school.
- Running is one of my favorite fitness activities.
- I am an Army wife and am involved in the Army community as a volunteer.



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