

# Casey P.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Bodybuilding motivates me daily
- Football is my favorite sport to play and watch. Go Niners!
- I love continuing my education and learning new things about fitness.
- Nutrition, I love learning how to make healthy food taste great.
- I love muscle cars.



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