

# Kristen S.



**Master Trainer**  
**Team Member Since: 2004**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Figure competitor
- Hiking
- Working out



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