

# Laura C.

## Education & Certifications

- BS in Human Nutrition and Dietetics from Colorado State University
- BS in Exercise Physiology from Metropolitan State College of Denver
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
**Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Sailing
- Mountain Biking
- Retired competitive Ironman Triathlete
- Retired Ultra Endurance Athlete



For more info about this trainer,  
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Club ID: 078

