

# Houston L.

## Education & Certifications

- BA in Communications from California State University, San Marcos
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification



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

## Hobbies and Achievements

- CIF swim champion for 3 years
- 12 years of rock climbing experience
- 4 years of cross country with a best mile time of 4:15



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