

Nasira B.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BA in Dance from University of Arizona
- BS in Nutritional Science from University of Arizona
- MA in Public Health from University of California, Los Angeles
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- Classical ballet
- Competitive swimming
- Gardening
- Cooking and baking
- The beach



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