

Janet T.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Deaf Studies from California State Northridge
- MA in Marriage and Family Therapy from Argosy University
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- I am a Marathon runner and have completed 4 Marathons.
- I qualified for and completed the Boston Marathon in 2010.
- I have completed several half marathons.
- I am a Triathlete and compete in Triathalons.
- I am currently training for the 70.3 Half Ironman in 2012.



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