

# Esther J.



**Team Member Since: 2002**

## Education & Certifications

- BA in Tourism from The Hague, The Netherlands
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Running
- Nutrition
- Yoga
- Holistic approach to being healthy



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**Club ID: 191**