

# Sara H.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BS in Human Nutrition, Foods and Exercise from Virginia Tech
- MS in Exercise Physiology from San Diego State University
- MS in Nutritional Sciences from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Xterra Off-Road Triathlon 20-24 National Champion (2006 & 2007)
- Ironman distance triathlons
- Mountain bike and road racing
- Ultra-marathons
- Rock climbing and mountaineering



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Club ID: 191