

Misty H.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Public Relations from University of Texas at Arlington
- MS in Kinesiology from Dallas Baptist University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2009 Ironman Canada & 2013 Ironman Tahoe Finisher
- Triathlon, Cycling, Running
- Team In Training 8 time Alumni
- 2013 TriBike Transport Team Ambassador



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Club ID: 214