

Chris L.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BA in Exercise Science from Fort Lewis College
- MS in Kinesiology from Humboldt State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Fitness science & technology
- Weights; rock climbing; mountain biking; kayaking
- Sport performance analysis
- Spending active time with family
- Coaching youth sports



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Club ID: 393