

# James H.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2005**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA Degree in Philosophy - DYouville College in Buffalo, NY
- BA in Sociology from DYouville College in Buffalo, NY
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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

- Family
- Reading
- Basketball
- Working hard



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Club ID: 490

