

# Jeff H.

## Education & Certifications

- MA in Communications from San Francisco State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2000**  
**Sessions Serviced:10,000 +**

## Hobbies and Achievements

- Cycling, running, motorbiking, gardening, web surfing
- Cooking and eating!
- Formerly overweight, now helping others get in shape!



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 502

