

Lisa D.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Diet and Clinical Nutrition from Robert Gordon University, UK
- Certified Applied Functional Science from Gray Institute
- AED (Automated External Defibrillator)
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification

Hobbies and Achievements

- Time with family, friends and my 2 dogs
- Optimal Nutrition and cooking
- Integrative and holistic approach to health and wellness
- Movies, reading and yoga



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Club ID: 659