

# Stephanie H.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BA in Anthropology from New Mexico State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- 2007 Ironman Arizona Finisher, 2009 Ultra Marathon Finisher
- 2012 C.H.E.K. Exercise Coach, 2013 Superhuman Coach
- 2008-2012 Coach for charity endurance programs.
- 2008-2013 Senior Fitness Specialist
- 2011 Participated in Olympic and Power Lifting Competitions



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scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 856

