

# Nathan H.

## Education & Certifications

- BS in Applied Exercise Science from Azusa Pacific University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist



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

## Hobbies and Achievements

- Football, since I was 9 years old
- Wakeboarding
- Motivational speaking
- Strength training



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

Club ID: 893

