
EXERCISE PHYSIOLOGIST / NUTRITION CONSULTANT

- Group Fitness Instruction
- Personal Training
- Health Seminars
- Eating Behavior
- Running Clinics
- Wellness Retreats
- Marathon and Distance Training

Education

THE GEORGE WASHINGTON UNIVERSITY, SCHOOL OF PUBLIC HEALTH AND HEALTH SERVICES Washington, DC
Master of Science in Exercise Science: Exercise, Nutrition, and Eating Behavior May 2007

- Thesis: Effects of ChiRunning on Vertical Displacement, Forward Lean, and Injury in Recreational Runners Training for a Marathon
- Award for Excellence in Research, 2007

Bachelor of Science in Exercise Science: Health and Fitness May 2005

Certification

ACE Personal Trainer, 2005-Present
AFAA Primary Group Fitness Instructor, 2005-Present
AFAA Cardio-Kickboxing Instructor, 2006

TurboKick Instructor, 2006-Present
AEA Aqua Aerobics Instructor, 2006
Red Cross CPR, First Aid, 1999-Present

Experience

LIVE FOR IT ALL, FITNESS & WELLNESS 2009-Present
Owner, Creator, Coach, Instructor
Founded, created, and implemented www.liveforitall.com and the accompanying fitness and wellness programs.

- Produce and conduct programs to include running clinics, group fitness classes, wellness seminars, nutrition counseling, personal training, and large-scale community marathon training programs.
- Continually create new health and wellness programs to benefit local community.
- Design and host global, internet based, fitness community called "The Trainer in your Back Pocket."

CITY OF SACRAMENTO PARKS AND RECREATION DEPARTMENT 2009-2011
Independent Contractor for Health and Fitness Programs
Taught a variety of Parks and Recreation fitness and wellness classes throughout the Sacramento community.

- Instructed classes to include outdoor and indoor fitness boot camps, community wellness lectures and workshops, and cardio-kickboxing.

THE FOUNDATION FOR INTERNATIONAL MEDICAL RELIEF OF CHILDREN 2005-2006
Coordinator and Coach, Finish For Kids Marathon Team

- Recruited, coached, and organized 45 participants for the Marine Corps Marathon.
- Maintained budget and finances.
- Created and maintained program website.
- Provided communication between Finish For Kids and the Marine Corps Marathon.

THE GEORGE WASHINGTON UNIVERSITY, DEPARTMENT OF EXERCISE SCIENCE 2003-2007
Part-Time Faculty
Instructed Exercise and Sport Activity semester courses to include lecture, discussion, and projects

- Developed syllabi and evaluated students in the Exercise and Sport Activity courses.
- Taught Cardio-Kickboxing, Aqua Aerobics, and Beginning Swimming.

Coordinator and Coach for Community Marathon Running Programs

Organized coaching staff and managed participants from program start through completion of the marathon.

- Created and managed website for participants to register and obtain information.
- Coached and motivated runners of all ages and speeds to train for marathons and 10-mile races.
- Provided health assessments for participants.
- Headed communication and advertising of the program in the community.

Speaking Engagements

GIRLS INCORPORATED NATIONAL	2008
Topic: Creating a National Mind + Body Initiative for Girls Inc.	
 SOUTHEAST COLLEGIATE FITNESS EXPO	 2007
Topic: Aqua Kickboxing	
 MID-ATLANTIC REGIONAL ACSM	 2006
Topic: Vertical Movement of Selected Body Points During Running	

Activities

HTML Website Design and Maintenance, 2002-2011

The George Washington University Road Runners Club Coordinator, 2004-2007

DC Road Runners Club Member, 2003-2004

The George Washington University Women's Rugby Football Club, 2002-2004

The George Washington University Crew Team, 2001-2002