

# Personal Trainer

## Kristin Fuller

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### EDUCATION/CERTIFICATIONS

Bachelor of Arts in Health and Kinesiology – The University of Texas at Tyler  
Associate of Arts – Kilgore College  
ACE Certified Personal Trainer  
Schwinn Cycling Instructor  
CPR  
First Aid



### ACCOMPLISHMENTS

Completed Several 10K races  
Helped a client lose ½ of their body weight (350-175 lbs)

### SPECIALTY TRAINING

Children  
Clients with Medical Considerations  
Athletic Injury Prevention