

# Personal Trainer

**LISA  
RITCHIE**



## **EDUCATION/CERTIFICATIONS**

Bachelor Science in Kinesiology-UT Tyler

American College of Sport Medicine –Exercise Physiologist

CPR/AED Certified

## **SPECIALTY TRAINING**

Prenatal and Postnatal

Children and Teens

Special Needs

Athletes

## **ACCOMPLISHMENTS**

Completed a 360 hour internship at APEC (Accelerated Performance Enhancement Center- Tyler, Tx) where she worked with adults, children, and professional athletes.