

**PERSONAL TRAINER PROFILE**

**PERSONAL TRAINER:** SUZANNE

**CERTIFICATIONS:**

- M.S. Clinical Exercise Physiology,  
Northeastern University
- B.S. Kinesiology, Washington State  
University
- Health/Fitness Instructor (HFI),  
American College of Sports Medicine



**BACKGROUND:**

Suzanne originally hails from Coeur d'Alene, ID but lived in Boston, MA for the last three years. She has both a B.S. and M.S. in Exercise Science with a lengthy personal career in competitive athletics. While at WSU she rowed on the team and gained extensive knowledge of crew and the cardiovascular training techniques to make a successful Division 1 athlete. Her undergraduate work delved into research programs around campus ranging cardiovascular disease assessment to land-based and aquatic-based training variability. While working on her thesis at Northeastern University, Suzanne specialized in cardiopulmonary rehabilitation and management of obesity and cardiovascular disease at Tuft's Weight and Wellness Bariatric Center. She was a personal trainer at Boston Sports Clubs for three years with a ranging clientele, all of which remain close to her heart for passion and effort they put into changing their lives.

On a personal note, Suzanne loves water (that's what four years rowing does to you). Kayaking, canoeing and sculling are all favorites. She also loves snowboarding, camping, hiking and swimming. Traveling has been a big joy; after 14 countries she has barely touched the surface of her journeys and because of traveling and exercising. . .she definitely loves cooking and enjoying good food.

**SPECIALTIES:** SPECIAL POPULATIONS – STRENGTH TRAINING – ENDURANCE – POWER LIFTING