

Ryan Campbell

Education & Certifications

- BS Nutrition and Exercise Science
- MS Nutritional Sciences
- NSCA CSCS
- NSCA CPT
- American Heart Association CPR/AED
- XFS

Areas of Specialization

- Weight training
- Nutritional guidance
- HIIT training

Fitness & Health Philosophy

"Getting in the best shape possible is one of the greatest things you can do for yourself. Without health you cannot enjoy the things you love to do as much."

Fitness & Health Accomplishments

- Completing Master's Degree In Nutritional Sciences
- Obtaining CSCS Certification

