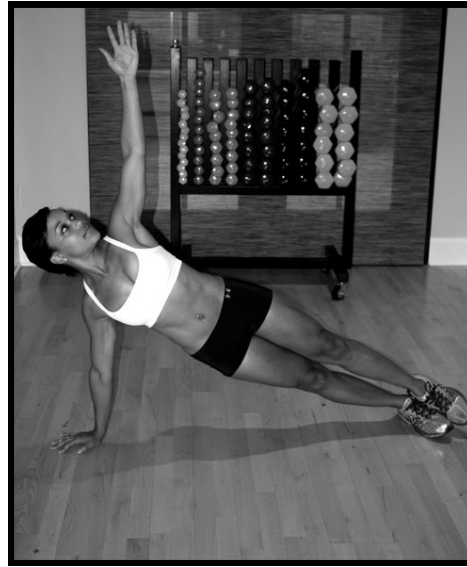
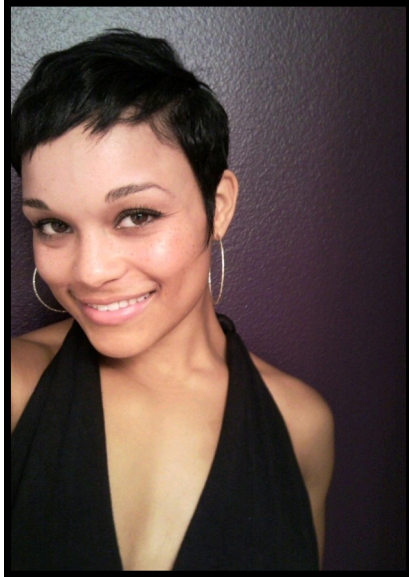




# Amanda Brown



### Education

- MS Nutrition Science, California State University, Long Beach (in progress)
- BA Psychology, Loyola University of Maryland

### Fitness Certifications

- Certified Strength & Conditioning Specialist (cscs), National Strength & Conditioning Assoc.
- Registered Dietitian (RD), Academy of Nutrition and Dietetics

### Personal Training Experience

Amanda began her personal training experience 7 years ago while working at a local orthopedic & sports physical therapy clinic. Following her time at the clinic, she spent several years as a fitness trainer for 24 Hour Fitness in Newport Beach. Amanda now divides her time between training at Oasis Fitness Center and a personal training studio in Costa Mesa.

### Approach to Training

Being a lifelong athlete, Amanda has always enjoyed being physically active. She's easily transferred her own love of fitness into teaching her clients how to effectively workout, eat healthy, and maintain a positive mindset. Amanda takes pride in creating individualized fitness and meal plans to maximize her clients' results. She uses a wide variety of resistance training equipment, such as medicine balls, resistance bands, suspension trainers, and weight machines to keep workouts fun and challenging.

### Personal Bio

In addition to being a personal trainer, Amanda is also a Registered Dietitian for an employee wellness program at UC Irvine. She was an accomplished athlete in track & field, lacrosse, and field hockey. Amanda continues to play competitive field hockey with the Field Hockey Federation.

#### Amanda's Availability

<b>Monday:</b>	Mornings
<b>Tuesday:</b>	Mornings
<b>Wednesday:</b>	Mornings
<b>Thursday:</b>	Mornings
<b>Friday:</b>	Mornings
<b>Saturday:</b>	None
<b>Sunday:</b>	None

*\*Subject to change*