



Kristen Sinnett

Elite Personal Trainer



Education and Certifications:

- B.S. Exercise Science, Towson University
- Certified Strength and Conditioning Specialist, NSCA
- USATF Level 1 Certified Coach, USA Track and Field
- USA Triathlon Member, 2003
- CPR and AED Certified, AHA

Training Specialties:

- Strength Training and Injury Prevention Programs for Tri-Athletes
- Weight Loss
- Functional Movement Training

Philosophy on Health and Fitness:

Exercise should not be a chore, it should be FUN! Exercise combined with proper nutrition and a healthy lifestyle will maximize health benefits.

Personal Information:

Born and raised in Anne Arundel County. Competitive tri-athlete since 2003. Engaged to be married in May 2008. Loves vacationing in the Outer Banks, North Carolina and eating Maryland Blue Crabs.