



## Brianna Baughman

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### Fitness

#### Philosophy

I view fitness as a key part of overall health and as a form of preventative medicine. Fitness is appropriately moving, resting, and nourishing your body so that you can be your healthiest self. It is something everyone can benefit from at whatever level they are able to incorporate it into their lifestyle.

### Areas of Expertise and Interest

#### Expertise:

- Starting with little to no prior fitness experience
- Vegan/Vegetarian nutrition
- Working out for fat loss
- Working out for muscle gain/hypertrophy
- Strength, polymetric, and cardiovascular training
- Integrating fitness into busy lifestyles

#### Fitness Interests:

- Weightlifting
- Endurance running
- Hiking
- Yoga
- Trying new/different kinds of workouts

### Education and Certification(s)

- B.A. in Biochemistry with a Certificate in Foundations of Business and Minor in Spanish from Indiana University (December 2021)
- National Academy of Sports Medicine Certified Personal Trainer (September 2021)
- American Red Cross CPR/AED Certified (June 2018)