



## **Biography - Emily Peterson** **Fitness & Wellness Program Manager**



Emily Peterson has been active in the Health & Fitness field for the past 10+ years, overseeing corporate wellness programs in California and Minnesota. Emily has extensive experience in corporate wellness program design and implementation, and enjoys leading group exercise classes and working with individuals to achieve personal fitness and wellness goals.

Emily earned her Exercise Science & Corporate Wellness degree from Minnesota State University Mankato; where she was also competed in track & field. Emily loves helping people improve their health through fitness and sport. She also enjoys running, playing a variety of sports, and writing music.

Certifications and Trainings include:

- ACSM Health & Fitness Specialist
- Exercise Etc. Inc. Boot Camp
- 8+ years group exercise experience
- CPR/First Aid, AED

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