



Sydney Brahm

EDUCATION

Degrees:

BS Health Science/Community Health Education — California State University Sacramento
AS Nutrition, AA Kinesiology, AS Biology, AA Math & Science — Sacramento City College



Exercise Certificates:

Personal Training: AFAA, NHAB

Group Exercise: AFAA, Reebok Step, Reebok Cycle, ACE, Crush Kick, Johnny G. Spin, Power House Pilates, Less Mills Body Pump, PSIA Ski

Athletic experience: running, cycling (mountain & road), skiing, snowboard, wake board, swimming, kayaking, hiking/backpacking, shooting, SUP, resistance training, etc.

Nutrition Certificates: Clinical Lifestyle Educator (nutrition)–IPS. FirstLine Therapy (nutrition)–Metagenics. Sports Nutrition–NHAB & IPS. Weight Loss–Transformations 360 UltraLite (nutrition).

Stress Relief: Certified Brainspotting Clinician

Additional Certificates: Certified Nurse Assistant (CNA), CPR/AED, Certified Health Education Specialist (CHES)

EXPERIENCE

Over 25 years developing and clinically practicing cutting edge Lifestyle Therapy programs and instruction. Successful in helping people overcome various health challenges and efficiently reach health goals through therapeutic lifestyle changes.