



Recreational Services

Braxton Byrd



Personal Trainer

Major: Exercise Science

Graduation: May 2020

Certification(s): NASM Certified Personal Trainer, Red Cross CPR/AED Certified

Specialization(s): Gaining strength using compound lifts, while maintaining a lean muscular physique.

Fitness Philosophy: Do something active everyday. Whether it be running, walking, lifting weights, or playing basketball. Just Move.

Interests and Hobbies: Playing sports with my friends, learning more about fitness, and laughing as much as possible. Oh Yeah and eating!

Favorite Quote: “Only I can change my life. No one can do it for me”. –Carol Burnett

Office of Recreational Services
Department of Student Life
Division of Student Affairs