

# Terry O'Hara



Terry brings a lifetime of experiences and training to her BEAT PD classes. The opportunity to meet and live through life's challenges with an optimistic attitude has always been what makes Terry shine. She has created challenges for her life....riding a bicycle cross country, sailing across the Atlantic Ocean, working for Outward Bound, running multiple marathons and cross country and track competitions. The

concept of digging deep and becoming stronger and better has always been exciting for her, both as an individual and as a coach. Terry is married with 2 children (high school and college) and lives in Guilford Connecticut.

## **Education & Certification:**

Certified Personal Trainer, NASM, for over 12 years

Certified Nutrition Coach, Precision Nutrition

Outward Bound Instructor, Sailing Program, Hurricane Island, Maine

BS Food Science and Nutrition, URI