



David Stephen

Education/Certifications

- Edinburgh University Bachelor of Education in Physical Education (Honors)
- University Of Phoenix Health and Wellness
- University Of Phoenix Adolescent Psychology
- Expert Rating Certified Personal Trainer
- 16 Time National Champion.

Specialties

- General population
- Weight loss
- Transitions between different levels of school (middle to high school to college to professional)
- Lifestyle change and the psychology behind it

Availability

Weekday mornings, some evenings