

# Ryan Campbell

## Education & Certifications

- B.S. Nutrition and Exercise Science, Oklahoma State University
- M.S. Nutrition and Exercise Science, Oklahoma State University
- NSCA Certified Strength and Conditioning Specialist
- NSCA Certified Personal Trainer



## Areas of Specialization

- Weight Training
- Nutritional Guidance
- Supplementation Guidance

## Fitness & Health Philosophy

"Poor health is a burden, but life with good health is a joy." - Boone Pickens

"Do the right thing." - Dr. Jim Stoppani

## Fitness & Health Accomplishments

- Multiple Remember The 10 Run 10K's
- OKC Marathon Relay Team