



Brian Harris

FITNESS AND WELLNESS COORDINATOR



Education: Graduated from Springfield College. Bachelor of Science degree in Applied Exercise Science. Minor in Education.

Professional Certifications: Certified Exercise Physiologist through the American College of Sports Medicine, Certified Personal Trainer through the National Strength and Conditioning Association, CPR/First Aid/AED certified through the American Red Cross. Certified Arthritis Foundation Instructor.

Philosophy: Exercise is a way of life. When you decide to commit to a healthy lifestyle, you've just entered yourself in the longest marathon you'll ever be a part of. Dedication and hard work will help you get past the bumps in the road, but your attitude will determine how well you progress. Being active allows you to enjoy life in the highest form; ALWAYS remember to have fun with what you do!

Activities: Competitive baseball, ice hockey, softball and golf.

Hobbies: Playing my guitar and spending time with my family.

Favorite Quotes:

“If it doesn't challenge you, it doesn't change you.”

“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.” -Lou Holtz