



Kirsten Benson

FITNESS AND WELLNESS COORDINATOR



Education: Castleton State College BS, Sports Administration

Professional Certifications: AFAA Certified Personal Fitness Trainer, AFAA Primary Group Exercise Instructor

Philosophy: Being healthy is not just being able to run 3 miles or lift 10lbs. Truly being healthy involves looking at the big picture, and practicing a healthy well rounded lifestyle.

Activities: Running, swimming, camping.

Hobbies: Cooking! I love to cook. The more you cook from scratch the better off you are!! When I have time I can and preserve foods grown in my parents garden. I also enjoy reading.

Favorite Quotes:

“Find something you're passionate about and keep tremendously interested in it.” ~Julia Child