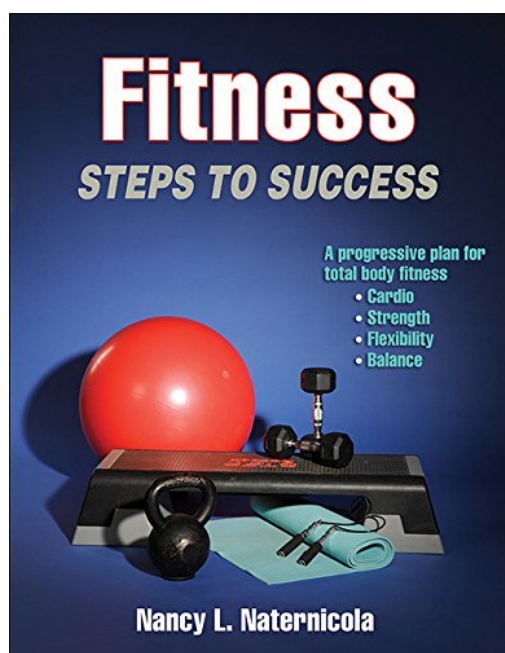


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Anthony Wall MS-- Director of Professional Education, American Council on Exercise

About the Author

Nancy Naternicola earned a BS in physical education teacher education and health at Florida Southern College, and an MS in physical education teacher education from West Virginia University (WVU). She is the fitness and wellness director of the College of Physical Activity and Sport Sciences (CPASS). Nancy develops fitness programming and teaches fitness classes for the WVU Lifetime Activities Program. She also oversees and teaches courses in the personal trainer minor and group fitness minor programs and teaches classes in the basic instruction program.

Naternicola manages the WVU Stansbury Fitness Center and supervises personal training and exercise physiology interns. She is a faculty member and master trainer for the American Council on Exercise. She has taught more than 15 types of group fitness, including step, kickboxing, fitness yoga, mat Pilates, sport conditioning, hip-hop, and boot camp.

Naternicola teaches for Fitness Pro Travel in Mexico, the Bahamas, Jamaica, the Dominican Republic, and Curacao. She chairs the Wellness Task Force and is the CPASS employee wellness coordinator and an American Red Cross instructor. She is a member of the West Virginia Association for Health, Physical Education, Recreation and Dance (WVAHPERD).

She enjoys all types of activities and sports and believes a body in motion stays in motion.

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