

# Ashley Hurst

**Personal Trainer**

## CERTIFICATIONS & DEGREES

**Baylor University**  
Associate Degree in Medical  
Humanities

**University of Houston**  
B.A. Entrepreneurship

**National Academy of Sports  
Medicine**  
Certified Personal Trainer

## SPECIALTIES

- Wellness
- Beginner Fitness
- Runners and Triathletes

## QUICK FACTS

**UH Program of Study:**  
B.S. Nutrition/Dietetics  
Class of 2012

**Hometown:**  
Sailsbury, NC

**Hobbies:**  
Latin Dance, Painting, Running,  
Cooking, Eating

**Alter-Ego Name:**  
Cheetah

UNIVERSITY of  
**HOUSTON**

DIVISION OF STUDENT AFFAIRS  
Department of Campus Recreation



## ***Fitness Philosophy***

“The key to sticking to it & reaching your goals is to set reasonable, small goals and continually modify your routine to challenge yourself.”

## ***More About Ashley***

Ashley attended Baylor University for two years and studied Medical Humanities as a student-athlete. She ran Cross Country and Track for Baylor and finished her seven years of competing in 2006.

In the fall of 2008, Ashley transferred to the University of Houston to be a part of the #1 Entrepreneurship program in the country, graduating in the Spring of 2010. She is currently working towards a degree in Nutrition (Dietetics). Ashley also enjoys dancing for competition and social outings.