



Erin Piibor

**DAC Trainer Since:
February 2009**

Education / Certifications:

- Master of Science in Adult Fitness, Indiana State University 2006
- Master of Public Administration, Indiana State University 2009
- Bachelor of Science in Exercise/Sports Studies, Indiana State University 2004
- American Council on Exercise Certified Personal Trainer
- National Exercise Training Association Certified Group Exercise Instructor
- Red Cross Certified Professional Rescuer

Experience:

- University Adjunct Fitness Instructor 2 years, St. Mary of the Woods College, Indiana State
- Personal and Group Fitness Trainer/Consultant 6 years, Indiana State University - Physical Education and Recreational Sports Departments, St. Mary of the Woods College, North Suburban YMCA, Good Shepherd Advocate Health and Fitness, Sony DADC Lifetrek Fitness, A'Cheevers Consulting
- Health and Wellness Director 1 year, North Suburban YMCA

Professional Areas of Interest:

- Overall Health, Wellness and Fitness
- Sport Specific
- Muscular Strength and Endurance
- Injury Prevention and Rehabilitation
- Nutrition and Weight Loss
- Toning, Sculpting and Stretching
- Agility and Range of Motion
- Coordinated Dance

Related Achievements and Organizations:

- 5-Time Local Preliminary Winner for the Miss America System (which includes a lifestyle and fitness portion), 2000-2006
- INShape Indiana, State Spokesperson, 2006-2007
- Miss Crossroads to America, Codirector, Producer, Fitness Trainer, 2006-Present
- Miss Majorette of Indiana 2002, 2003 - Athletic Baton Twirling and Dance Competition

Favorite Quote or Philosophy:

"We are what we repeatedly do. Excellence, then is not an act, but a habit." --*Aristotle*