

# THE AVENGERS OF HEALTH!

"Moving should be fun! Our approach to training is to help you pursue what you love to do. Proper physical training will help you reach your fitness goals and keep your body moving ten years from now. I utilize the most effective tools of the trade in the safest way possible to get you results. Learn how to move and enjoy what you love to do." – Candas Jones

## EDUCATION:

Candas earned her BS in Science in Communication at the University of Utah along with studying and performing at the professional ballet company Ballet West. Candas later earned her graduate MA in Elementary Education at Tulsa University where she was Kappa Delta Pi (Academic Honorary Education Society) and Phi Kappa Phi (Academic Honor Society).

## PROFESSIONAL EXPERIENCE:

Program Specialist for California school district "Healthy Start" grant, curriculum writer/service-learning teacher, Grades 3 and 5 classroom teacher. Candas' environmental curriculum "Branches of Literacy" was personally recognized by California Superintendent of Schools Delaine Easton. The interactive curriculum educated inner-city children on the health and aesthetic benefits of trees. State Superintendent of Education Easton submitted Candas' curriculum and it was published nationally.

## CERTIFICATIONS:

- StrongFirst Kettlebell Instructor-Level II
- Functional Movement Screen Specialist
- American Council of Exercise Fitness Trainer
- Primal Move Fundamentals Instructor
- TRX Suspension Trainer
- Ultimate Sandbags Trainer

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# CANDAS JONES



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