



Rachel (Cicigline) Greppo

Rachel holds a Bachelor's of Science in Applied Biology from Sage College of Albany located in Albany, NY. She also holds a certification from the National Academy of Sports Medicine in Personal Training and Fitness Nutrition. Her occupational history includes experience as a cook, years as an Ophthalmic Technician in the specialized field of retina health, and experience as an Environmental Scientist, working in compliance and environmental investigation. Rachel's eclectic background gave her a strong foundation of knowledge to share with individuals interested in a well-rounded, healthy lifestyle.

Education & Certifications

- Bachelor's of Science in Applied Biology (Sage College of Albany)
- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Medicine Certified Fitness Nutrition Specialist
- National Academy of Sports Medicine Certified Corrective Exercise Specialist

stronghawkfit@gmail.com