



# Brian Harris

FITNESS AND WELLNESS COORDINATOR



**Education:** Graduated from Springfield College. Bachelor of Science degree in Applied Exercise Science. Minor in Education.

**Professional Certifications:** Certified Personal Trainer through the National Strength and Conditioning Association, Health Fitness Specialist through the American College of Sports Medicine, CPR/First Aid/AED certified through the American Red Cross.

**Philosophy:** Exercise is a way of life. When you decide to commit to a healthy lifestyle, you've just entered yourself in the longest marathon you'll ever be a part of. Dedication and hard work will help you get past the bumps in the road, but your attitude will determine how well you progress. Being active allows you to enjoy life in the highest form; ALWAYS remember to have fun with what you do!

**Activities:** I play competitive collegiate baseball in the Connecticut Collegiate Baseball League (CCBL) for a team based in Manchester, CT. Along with baseball I also play hockey, softball and golf.

**Hobbies:** Playing my guitar and running (about 4 miles a day)

**Favorite Quotes:**

“Strive for progress, not perfection.”

“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.” -Lou Holtz