



## Lisa Harwart

### *Lisa's Favorite Quote:*

*“It's not worth  
doing if you are  
not going to give  
it 110 percent.”*



BIO: Growing up a missionary's child you learn to be independent and just do what needs to be done from an early age. Teaching is one of my passions and something that I started doing as a young girl. I love to help people reach their goals and succeed. Three years ago I decided that it is never too late in life to make a change and create new goals! That was the wisest thing that I have probably ever done. I am so glad to be a part of CFC. Pushing yourself and giving it 110% is how to see changes and also gives you the satisfaction of knowing you have given it your all. It is how I live my life!

#### Degrees/Certifications:

- National Academy of Sports Medicine, CPT
- Body Training Systems, GroupPOWER
- Aqua Group Certified, SCW
- CPR/AED, Basic Water Safety

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