



DEBORAH BUFORD

LV3 PERSONAL TRAINER

FUN FACT:

I've competed in both Ninja races and Spartan races!

Education:

University of New Orleans:
Bachelor of Science in
Exercise Physiology

Certifications:

ACE-CPT
Spartan Obstacle Specialist
AHA-CPR/AED

Favorite exercise(s):

I love variety to prepare me for obstacle course racing: running, calisthenics, weight lifting, balance and grip training.

Contact:

dbuford@ochsner.org

EXPERIENCE:

- 1 year : University of New Orleans, Personal Trainer
- 1 year : Ochsner Hospital, Physical Therapy Tech
- 2004 – Present : Ochsner Fitness Center, Personal Trainer

Specialties:

- Weight Loss & Gaining Strength
- Obstacle Course Racing
- Post-Rehab Patients

Sport(s):

- Obstacle athletics
- Endurance sports