

New Employee

Name: Krysta Grider
Department: Fitness
Position: Exercise Physiologist



Bio:

Krysta is a Graduate of Fitchburg State University. She graduated with her bachelor's degree in Exercise and Sport Science concentrating in Clinical Exercise Physiology. She has gained experience in clinical settings of physical therapy, and fitness gyms promoting the importance of physical activity and overall a healthy lifestyle. Krysta is impassioned to begin educating in weight loss, exercise, and monthly fitness tips New Horizon Medical is excited Krysta has joined the team! Please give Krysta a warm welcome when you see her on site!