

Bree Lambert is a Personal Trainer, Performance Coach and Elite Ranked Ultrarunner living in the South Bay Area. She is certified by the National Academy of Sports Medicine and has completed Masters coursework in Kiniseology from San Jose State University. In 2013 Bree was named Female Masters Grand Prix Ultra Champion by the USA Track and Field Pacific Association. Bree has dedicated her life by sharing her knowledge and professional experience to improving health, wellness and fitness to others. She works with Silicon Valley Executives, Students and Athletes of all sports and levels. In addition to coaching and competing, Bree is a broadcaster/host with UltrasportsLive.TV to cover endurance events around the country.

For more about Bree visit her website at: Livewellfinishstrong.com /
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