

Courtney Blair West CI-CPT
IFBB Figure Pro/ Fitness Model/ Consultant
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IFBB Professional Figure Athlete (2010)- fitness competitor with emphasis placed on aesthetics (beauty combined with athletic physique)

- 2010 Houston Pro-1st Place
- 2010 USA National Figure Championship-1st Place and Overall Title earning pro status
- Team Universe National Figure Championship, NYC- 3rd place
- Texas State Figure Championship- 1st place
- Lone Star Figure Championship- 4th place

Gaspari Nutrition (2009) - athlete representative

- Representative for all media for promotion, advertising, publicity and advertising
- In-store product demonstration
- Internet Blogger

Professional Fitness Model (2007) print, runway, and promotional services

- Featured cover of Muscle and Fitness HERS Nov/Dec Issue
- Also featured in Oxygen, Muscular Development, Flex, Ironman Magazine, Planet Muscle, Posedown Magazine, Undefeated MMA Magazine, Houston Health and Fitness, and NPC News Magazine
- work with many photographers in various venues. For complete modeling portfolio please visit www.facebook.com/ifbbprocwest

Personal Fitness Trainer (2004)-Design workout plans and assist clients according to individual needs, suggest nutritional program and supplements according to client goals, online fitness and nutritional consulting, group training and boot camps, competition preparation

- Official University of Houston Cheer Trainer 2010
- Certified Personal Trainer, Cooper Institute Dallas, 2010
- CPR/First Aid Certified, American Heart Association, 2009
- Certified Personal Trainer, National Exercise Sports Training, 2007
- Certified Personal Trainer, American Fitness Trainers Assoc., 2004