

Kristin Harris

Health

Kristin Harris received her Bachelor of Science degree in nutrition-wellness from Texas Woman's University in Denton, Texas.

Prior to attending TWU, Ms. Harris was a certified personal trainer and nutrition coach working with a variety of clients to assist them in reaching their health and fitness goals.

Ms. Harris is married and has one son. She enjoys traveling with her family, cooking, reading and rooting for the OU Sooners football team. Ms. Harris also has a soft spot for animals and has four dogs and two cats who keep her quite busy at home.

