

Certificate of Completion

# STARTING TO EXERCISE

This certificate is awarded to

Lalesca Sgrott

for successfully completing the online course  
**Starting to Exercise** from Harvard Health Publishing.

2023-09-16



Harvard Health Publishing  
HARVARD MEDICAL SCHOOL

*Not an accredited course.*

A handwritten signature in black ink that reads 'Lauren Elson'.

Lauren E. Elson, MD  
Physical Medicine and Rehabilitation  
Instructor, Harvard Medical School

A handwritten signature in black ink that reads 'Michele Stanten'.

Michele Stanten  
Certified Fitness Instructor  
American Council on Exercise