
MEET PETE CLINES

Health & Well-Being Educator, HMSA

Originally from Massachusetts, Pete earned a bachelor's degree in Exercise Science from the University of Massachusetts, Amherst. He has worked in a number of gyms/fitness centers, and he has assisted all types of individuals from de-conditioned older adults to college athletes.

Pete began his career with HMSA in 2000, first as a Fitness Specialist and soon after as a Health Consultant before taking on his current position as a Health & Well-Being Educator in 2003. His main role is to facilitate lifestyle workshops, on topics such as fitness, nutrition, stress, and preventive care.

Pete is passionate about exploring the outdoor environment. In addition to extensively hiking the ridges and streams of the Hawaiian Islands, his ongoing project is to experience and appreciate the trails of America's National Parks and Forests. When not hiking or traveling, he keeps active by riding his bicycle, swimming, strength training, and occasionally struggling through a yoga class.



Lassen Summit, CA



Bondcliff Mountain, NH