

Lululemon Ambassador Santa Barbara, CA 2008-2009

Scott Crawford has devoted the lion's share of his professional life to promoting fitness as a lifestyle. With years of education and experience behind him, coupled with a diverse array of sport and fitness challenges and clientele to learn from and draw on, Scott has developed a distinctive approach within the health and fitness field. His approach bridges perceived gaps between body and mind by integrating acute mental training with demanding but enjoyable physical exercise.

Scott played professional soccer for a number of club teams, including the Texas Toros of the Dallas Burn, the Dallas Sidekicks, and the Texas Lightning. He went on to coach soccer professionally at youth levels promoting numerous players into top college programs; and a coaching opportunity is what brought him to Santa Barbara, where he became director of the Santa Barbara Youth Soccer Club.

Scott performs bodywork and offers Pilates and personal training packages at the Bacara Resort and Spa, and he also acts as Fitness Coordinator for post-op rehab patients at the Santa Barbara Plastic Surgery Center. Most recently, Scott opened and will be acting proprietor of SOMA GET FIT and SOMA OUTDOOR. This service-based fitness company of Scott's design provides goal-specified integrated training in addition to mental wellness consulting, bodywork, and Pilates training. Scott describes the opening of SOMA as one of his proudest achievements.

