



**Fitness Floor Attendant / Certified Personal Trainer**  
Sequoia Employee Since: 2017



Paul started working at Sequoia Wellness as an intern in 2017 and graduated from Cleveland State University where he earned a bachelor's degree in Exercise Science. Paul has played sports his entire life which is where he found a passion for living a healthy lifestyle and helping others reach their fitness goals. In his free time he enjoys being in the great outdoors. Health and fitness is a life long journey for him and that is why he is always staying up to date with new fitness trends by participating in new classes or reading up on the health and fitness industry