



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMP START YOUR WELLNESS JOURNEY WITH

CHRIS

WELLNESS DIRECTOR



HOMETOWN:

Port Huron, Michigan

EDUCATION:

- BS in Exercise Science with minor in Physics
- Currently pursuing MBA from University of Maryland

CERTIFICATIONS:

- NSCA Certified Strength and Conditioning Specialist

HOBBIES:

- Mountain biking
- Hiking
- Spending time with family
- Building furniture
- Spending time with friends

GREATEST ACCOMPLISHMENT:

- Yesterdays workout! 😊

FAVORITE QUOTE:

"Be who you needed to be when you were younger."