



**PAUL SEBASTIAN**  
Personal Trainer, Level IV

**Education**

- B. PHE. – University of Toronto
- Certified Resistance Training Specialist
- Medical Exercise Specialist - AAHFRP
- Exercise Technique/ Strength Training Specialist – SPI
- National Coaching Certification Program Level I & II

Paul Sebastian has been a trainer at the Toronto Athletic Club for 3 years. Prior to the Toronto Athletic Club, Paul gained experience in fitness assessment, sport specific training and received a Bachelor's Degree in Physical and Health Education from the University of Toronto. His knowledge and training approach is dynamic, exciting and guaranteed to help you reach your goals!

Paul believes a healthy and physically active lifestyle are key to living life to the fullest. He also views fitness as a way of life that is both fun and enjoyable. He believes it is important to educate his clients on the benefits of physical activity and exercise, as well as how they can incorporate it into their daily lives. Paul teaches his clients how to set achievable and realistic fitness goals and puts a strong focus on helping them attain and surpass these goals.

Paul's specialties include strength and conditioning, weight loss and lifestyle management, speed and agility, core stability and functional exercise programs for post-rehab clients.



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