

# KENT PAUL

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## OBJECTIVE

Continue a path helping others achieve the overcoming skills and tools to reach full potential power of recovery ,health and fitness - mentally, spiritually and physically in the beautiful state of Florida and all over America. Utilize acquired knowledge and skills accumulated over a 22 year career to teach, coach, and educate others to reach personal optimum personal potential.

## PROFESSIONAL EXPERIENCE

- 1993-1994 California Fitness - Regional Manager
- 1994-1995 Intra Fit - Colorado Head Technician
- 1995 - 2010 KPaul Fitness LLC - Owner
- 2010 - 2015 - Turbo Training Fitness Center - Owner
- 2012 - Turbo Fit Radio - Host and Owner
- 2016 - My Recovery Radio - Host
- National Judge for Donald Trump's Miss USA
- Official Fitness/Nutrition coach for Miss Colorado USA and Miss Wyoming USA (Yearly)
- Official Fitness/Nutrition Coach for TLC national television show "Crown Chasers"
- Official Fitness/Nutrition Coach for KBPI 106.7 FM 250,000 daily listeners
- Official Fitness Coach for HARDKORE equipment for American Gladiators on NBC
- 2015 - Present - Host My Recovery Radio (AM 850 WFTL - West Palm Beach. FL)

## EDUCATION

- B.S. Kinesiology 1995
- Degreed Nutritionist 1995
- ACE Nationally Certified Personal Training
- ISMA Nationally Certified - Senior/Elderly Fitness and Exercise
- IMAC Certified (International Master Addiction Coach) The Addiction Academy

## SKILLS & ABILITIES

- 35 Health and Fitness published articles
- Author of the book "Power From Pain"
- Motivational Speaker - Schools, churches, Corporate and health groups
- Professional Presenter - Workshops and Seminars
- Professional Life Coach
- Creator of T.L.S. online fitness programs
- Designer of sport supplements (Turbo Meal and Turbo Lean 5.0)
- Key note speaker for American Diabetes Association Expo
- Health and Fitness Expert for Denver; NBC News, ABC News, FOX News, and CW Network
- Custom nutrition/fitness program design - 21 years experience
- Personal posing coach and choreographer

## HONORS AND AWARDS

- Mr. Colorado (Bodybuilding)
- NPC Nationally Ranked Bodybuilder
- Bodybuilding.com Trainer of the Month
- NPC Poser of the year
- Chief of Police Wolfinbarger's award winner "Honor \* Respect \*Duty"