



## **Peyton Gardner** **Fitness Specialist Intern**

Peyton is currently a senior at Grand Valley State University. He is majoring in Exercise Science with a clinical emphasis. After graduation he plans to pursue a career in strength and conditioning.

Peyton is from Rockford, Michigan and enjoys weight lifting, running, hiking, playing sports, and serving at his local church.

Be sure to stop by the Optimal You desk and say hello!