

Phyllis Badgley



Certified Personal Trainer

Sequoia Employee Since: August 2017



Phyllis began personal training as a client two years ago when she was looking to make some much needed changes in her life. She had always been overweight and didn't know where to begin. She was also very intimidated by the idea of going to a gym. Finally, she opted for personal training because of the one-on-one structure of the training sessions and the individualized nature of the trainer-client relationship. Through personal training, Phyllis discovered a love of fitness, health, and wellness she never expected, and has lost over 230 pounds!

Phyllis brings a unique perspective to personal training because she has worked extensively with a personal trainer as a client for the last two years. She also understands the fears, struggles, excuses, and triumphs that go along with trying to change your mindset and your life with regard to food and fitness. Phyllis believes in an individualized and "common sense" approach to diet and exercise by finding and maintaining balance in each. She has learned how to lead a healthy lifestyle by making small sustainable changes in her diet over time, and by building an exercise regime that works for her. She loves running, HIIT, and weight lifting, and feels that a strong foundation in both cardio and functional strength is integral to a well-rounded fitness program.

Phyllis has now taken all that she has learned and become a Certified Personal Trainer and a Certified Group Exercise Instructor through the American College of Sports Medicine. She has changed her life and hopes to share her love of fitness with others to help them achieve their goals as well!