

# ROBERT SMITH

## Jr. Health Fitness Specialist

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### SUMMARY

Dedicated customer service oriented health and fitness professional. With extensive experience in program management, client relations, marketing strategy, record and data management, program implementation, team collaborations, physical conditioning, nutritional health, group exercise, sports programming and customer service.

### SKILLS

Microsoft Office, Fitness Instructor.

### WORK EXPERIENCE

#### Jr. Health Fitness Specialist

ABC Corporation - February 2011 – October 2014

- Perform fitness testing and assessments on a member, which includes but not limited to, the evaluation of cardio respiratory and muscle conditioning.
- Results are then entered into a member management software program.
- Advise members of physiological test results.
- Develop and recommend exercise programs on regular basis by instructing members on proper exercise techniques, use of equipment and fitness concepts.
- Monitor members progress and perform follow-up measure progress and results.
- Provide personal training services as part of our HIP (Health Improvement Program).
- Create and maintain bulletin boards, Employee Connection website and other member marketing & communication materials consistent with HFC standards and within designated timeframe.

#### Health Fitness Specialist

ABC Corporation - 2006 – 2011

- Provide high quality customer service to all members of the fitness center.
- Conduct proper health screenings and assessments.
- Follow ACSM guidelines for all fitness assessments and interpret findings.
- Lead one on one trainings and group exercises classes to members.
- Implement strategic programs and marketing plans.
- Establish and coordinate membership database and adherence programs.
- This is Dummy Description data, Replace with job description relevant to your current role.

### SCHOLASTICS

- Bachelor of Science in Kinesiology - (San Francisco State University - San Francisco, CA)