



Certified Health Coach Known for Creating Efficient Personalized Health and Lifestyle Plans

Philanthropic health coach with 3+ years of experience training individuals to live a healthier lifestyle. Knowledgeable in creating health and wellness plans, manageable lifestyle adjustments, and customized health goals.

Tempe, AZ 85287

(884)-225-116

mannyko@gmail.com

Sami Brown

Work Experience

Health Coach • Health Fit

Aug 2018 - Present

- Consult with 25+ clients monthly through one-on-one appointments to plan out lifestyle and health adjustment plans.
- Conduct weekly health inspections for each client to confirm the effectiveness of health and fitness goals.
- Organize additional monthly group activities, such as yoga night or salad brunch on Sunday, to support a healthier mentality.

Health Coach Assistant • Health Fit

Jun 2017 - Jun 2018

- Monitored 10 clients weekly to check the effectiveness of the individual health plans.
- Supported health coach in setting up monthly lifestyle events by booking appointments, obtaining supplies, and organizing client email invitations.
- Assessed BMI and blood pressure for each client to track effective strategies for health goals.

Hard Skills

- Nutritional Facts
- Dietary Conditions
- Mild Food Remedies
- Food Alternatives
- BMI/Blood Pressure Tracking
- Healthy Food Plans
- Lifestyle Adjustments
- Simple Fitness Plans
- Goal Setting
- Motivational Strategies

Soft Skills

- Empathy
- Listening
- Supportive
- Problem-Solving
- Positive
- Honest
- Attentive
- Detail-Oriented
- Respectful
- Patient

Education

B.S. in Health Sciences

Arizona State University, 2014 - 2018

- Healthy Lifestyles and Fitness Science
- Barrett Honors Scholar
- GPA: 3.71

Certifications

- ASU-Certified Integrative Health & Wellness Coach
- Certified by the National Society of Health Coach