

BENTON PRICE

address

509 Bogan Center,
Dallas, TX

tel +1 (555) 755 0824

Experience

Ruecker, O'Keefe and Lind

Detroit, MI || Health Fitness Specialist || 04/2019 – present

- Monday - Friday 10:30 AM -6:30 PM, subject to change
- Flexibility to work 5:30 AM - 1:30 PM as needed
- Position will begin as telework and will transition to onsite services once site reopens
- 8 hour, rotating shifts during the operating hours of 6:30 AM - 6:30 PM
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Funk Group

Detroit, MI || Health Fitness Specialist || 08/2012 – 11/2018

- Support a balanced group fitness program that meets the needs of the population and follows industry trends
- Lead or assist in teaching fitness workshops or seminars as needed
- Enhance knowledge of exercise, body alignment and exercise safety to all gym users and class participants
- Provide and/or serve as substitute if primary instructor is unable to teach class
- Provide support to the planning, management, and continual evaluation of NRO Fitness programs and equipment
- Provide general nutritional guidance as necessary

Education

Otis College of Art and Design

Bachelor's in Exercise Science

Skills

- Nutrition coaching experience: evaluating a client's nutritional needs, providing basic nutrition information following federal guidelines, ability to educate on nutrition issues, proactive on researching the effects of nutrition on health and fitness. Virginia Nutritionist Certification or Registered Dietician
- Wellness Program experience: Develop programs that educate the workforce on proper diet, exercise, stress management, and develop and support morale boosting events
- Group exercise certification