

# Health and Wellness Coach

## ROBERT SMITH

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### Objective

Superb Social Services and Healthcare Leader strongly emphasizing education, prevention and community outreach.

### Skills

Problem Solving Skills, Analysis.

### Work Experience

#### Health and Wellness Coach

**VERIZON WIRELESS** - January 2014 - 2020

- Provided personal training to a wide variety of employees.
- Developed and implemented exercise programs that were specific to each employee.
- Successfully implemented fitness assessments with employees that were new to the health and wellness facility.
- Designed specific health and wellness programs each month for employees to partake in.
- Created new health and wellness bulletin boards every month.
- Held blood pressure and body fat screenings monthly for employees.
- Created and implemented informational lunch and learns once every month.

#### Health And Wellness Coach

**ABC Corporation** - 2013 - 2014

- Personal trained clients one on one, group and in camp environments on the different ways in which they could live a healthy lifestyle.
- Coached customers on creating healthy lifestyles.
- Remained knowledgeable of current lifestyle trends in order to provide proper service.
- Provided financial consulting for customers needing direction.
- Participated in Health and Wellness seminars, expos and health fairs; both personal and corporate..
- This is Dummy Description data, Replace with job description relevant to your current role.
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### Education

BACHELOR OF SCIENCE in STEVENS POINT - (UNIVERSITY OF WISCONSIN - Stevens Point, WI)