

Kennedi Nienow

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EXPERIENCE

SENIOR HEALTH FITNESS SPECIALIST

Boston, MA

02/2015 – present

- Working knowledge of computers; Word, Excel and PowerPoint
- Develops annual program calendar
- Assists with statistics and reporting
- Exercise testing and prescription
- Contributes to site operations
- Positive attitude, willing to have fun in a professional manner
- Plan, implement, and evaluate incentive and behavior change programs

REGIONAL HEALTH FITNESS SPECIALIST

Boston, MA

11/2011 – 01/2015

- Assist with developing and implementing creative incentive and health promotion programs
- Assist with facility maintenance/repair/improvements
- Develop safe and effective exercise programs; provide general supervision
- Assist members with reaching their personal training goals
- Promote and assist with reaching the personal training goals
- Assist with planning, delivery and evaluation of health promotion programs
- Administer fitness assessments; provide results counseling

HEALTH FITNESS SPECIALIST

Los Angeles, CA

08/2007 – 05/2011

- Floor Interaction: circulate on fitness floor interacting with members - correcting form, encouraging workouts, and engaging at all times
- Promotes and markets the wellness program effectively to target populations by utilizing existing resources and by assisting in development of target programs
- Responsible for posting marketing materials on the bulletin boards throughout the building
- Contributes to the business planning of health promotion/wellness intervention. Specifically focusing on the manufacturing environment
- Assists in creating and maintaining bulletin boards, newsletters and other marketing & communication materials
- Contribute to ongoing client communication including; reports and meetings
- Working knowledge of programs and services (Health coaching, Health Assessment, Live for Life, L Drive, Healthy & Me etc.)

EDUCATION

LOYOLA MARYMOUNT UNIVERSITY

Bachelor's Degree in Health

SKILLS

- Strong attention to detail, organized, and able to think through payroll processes
- Strong interpersonal, and customer service skills including the ability to motivate others
- Ability to multi-task as well as work quickly and accurately
- Good working knowledge of computers; Word, Excel, and PowerPoint
- Strong attention to detail
- Excellent written, verbal and interpersonal skills including the ability to develop effective business relationships with all levels of the organization
- STRONG computer proficiency in Microsoft Office programs including Word, Excel, Outlook and Powerpoint
- STRONG interpersonal communication and customer service skills including the ability to motivate others
- Ability to engage employees in 1-1 interactions and awareness tables
- Good working knowledge of computers: Word, Excel, PowerPoint, Publisher