

Robert Smith

Senior Health Fitness Specialist

CONTACT DETAILS

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PERSONAL STATEMENT

Highly qualified Fitness Specialist with experience in the industry. Enjoy creative problem solving and getting exposure on multiple projects, and I would excel in the collaborative environment on which your company prides itself.

WORK EXPERIENCE

Senior Health Fitness Specialist

Healthways - Honeywell - July 2015 - 2019

Responsibilities:

- Monitor facility; interact with participants and monitor equipment and participant safety.
- Provide individual and group exercise instruction; educate participants on proper techniques to maximize exercise safety and effectiveness.
- Enroll new participants and conduct facility, program and equipment orientations.
- Create, develop and implement health incentive programs for Honeywell employees in order to increase member participation and use of onsite gym.
- Create and maintain bulletin boards, newsletters, and other marketing & communication materials.
- Perform administrative tasks such as performing monthly usage reports, ordering and stocking supplies for fitness center, enrolling and cancelling members, scheduling appointments, and assisting in new member orientations.
- Work hand in hand with Fitness Manager to train new subs and new hires for the Fitness Specialist position.

Fitness Specialist

ABC Corporation - 2011 - 2015

Responsibilities:

- I was the fitness specialist for children ages 3-5.
- Taught the young students about the importance of exercising and I showed them fun games where they can implement physical activity and have lots of fun while doing so.
- Used games to exercise their locomotor skills to flex their basic movements at their tender age.
- These kids were amazing, they had fun with a lot of my games and they also learned a lot of the terminology that people use in gyms.
- At such a young age that is huge, and it is also a big step into a future healthy life.
- Skills Used I used great communication skills such as songs to sing along with the games/exercises, and I made sure I got their attention.
- Kids respond well to routine things and they do not get bored easily when it comes to physical activity.

SKILLS

Fluent in Microsoft Word, Excel, Access and PowerPoint.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company Name)
Reference - 2 (Company Name)