

Jimi Osten

Fitness & Wellness

Profile

Enthusiastic Fitness & Wellness professional with 1 year of experience in promoting healthy lifestyles through personalized training and wellness programs. Highly skilled in conducting fitness assessments, designing tailored exercise regimens, and providing motivational support to clients. Demonstrated ability to effectively collaborate with diverse client populations and foster lasting relationships. Committed to staying current with industry trends and developments to provide the highest level of service to clients.

Employment History

Fitness & Wellness Director at Alaska Fitness Equipment, AK

Apr 2023 - Present

- Successfully increased overall membership by 35% within the first year, resulting in an additional annual revenue of \$500,000 for Alaska Fitness Equipment.
- Implemented a comprehensive wellness program that led to a 50% reduction in employee sick days and a 20% increase in overall employee productivity and morale.
- Developed and launched three new group fitness classes, attracting over 200 new members within six months and generating an additional \$150,000 in annual revenue.
- Established partnerships with five local businesses, leading to a 25% increase in corporate memberships and contributing an additional \$200,000 to annual sales.

Fitness & Wellness Coordinator at The Alaska Club, AK

Aug 2022 - Feb 2023

- Successfully implemented a new wellness program that increased member participation by 25% within the first six months, leading to improved member retention and satisfaction rates.
- Developed and coordinated over 100 group fitness classes per week, resulting in a 30% increase in class attendance and a 15% boost in overall club membership.
- Spearheaded a comprehensive employee wellness initiative that reduced staff absenteeism by 20% and increased overall workplace productivity by 10%.
- Organized and executed three successful community fitness events, attracting over 500 participants and raising \$10,000 for local charities.

Education

Bachelor of Science in Health and Wellness at University of Alaska Anchorage, AK

Sep 2017 - May 2022

Relevant Coursework: Nutrition, Exercise Science, Health Promotion, Stress Management, Anatomy and Physiology, Kinesiology, Health Education, Wellness Coaching, and Public Health.

Certificates

Details

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Links

linkedin.com/in/jimiosten

Skills

Yoga

Pilates

HIIT (High-Intensity Interval Training)

Zumba

CrossFit

Tai Chi

Barre

Languages

English

Hindi

Hobbies

Yoga

Swimming

Cycling