

# Chance Bergstrom

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## EXPERIENCE

05/2019 – present

### STROMAN-TOY

Detroit, MI

#### *Health Fitness Professional*

- Excellent communication skills both verbally, written and on camera
- Strong virtual skills
- Good presentation skills and professionalism
- Current CPR/AED and First Aid certifications from American Heart Association, American Red Cross or American Safety & Health Institute (ASHI/HSI)
- Industry recognized group exercise certification from ACE, AFAA, ACSM or NETA or other specialty certification
- Current CPR/AED certifications from American Heart Association, American Red Cross or American Safety & Health Institute
- First Aid and CPR/AED certifications through American Heart Association, Red Cross or American Safety & Health Institute
- Some experience in fitness or corporate fitness

09/2012 – 01/2019

### SKILES, HEGMANN AND DIETRICH

Detroit, MI

#### *Health Fitness Professional*

- Utilize marketing and communications that may be delivered onsite and virtually to improve engagement
- Adapt to teaching and learning onsite
- Internship and or one year fitness industry experience
- Personal Training industry certification from ACE, ACSM, AFAA, NSCA, or NASM (may be required within one year of hire)
- Industry recognized Group Exercise certification from ACE, AFAA, ACSM or NETA (may be required within one year of hire)
- Supervises facility; interacts with participants and monitors equipment and participant safety
- First aid certification from American Heart Association, Red Cross or American Safety & Health Institute
- Bachelor's degree in a related field (Kinesiology, Exercise Science, etc.)

## EDUCATION

### LIM COLLEGE

Bachelor's in Exercise Science

## SKILLS

- Strong technical skills with proven ability to use and teach on different virtual platforms, technical savvy to think fast and troubleshoot issues
- Learn and teach virtually and electronically, Self-Starter
- Adapt to teaching and learning onsite and virtually
- Provides individual and group exercise instruction both onsite and virtually; educates participants on proper techniques to maximize exercise safety and effectiveness
- Bachelor's Degree in Exercise Science, Health Promotion, Kinesiology or related discipline
- Supervises facility; interacts with participants in person and virtually and monitors equipment and participant safety
- Researches health & fitness educational topics and identifies appropriate participant educational materials; conducts health education seminars/presentations onsite and virtually
- Participates in membership drives to acquire new participants onsite and virtually; enrolls new participants and conducts facility, program and equipment orientations