

# PAULINE I. WINSLOW

## HEALTH FITNESS SPECIALIST



### JOB DUTIES

#### Health Fitness Specialist, 2016 - Present YMCA

- Assisted in the maintenance of marketing & communication materials located inside the Fitness Center.
- Performed fitness assessments, determined exercise prescriptions, and designed workout programs for a diverse population, including a variety of high-risk clientele.
- Promoted program offerings and conducted outreach activities to increase participation and re-engage inactive members.
- Researched health & fitness educational topics and identified appropriate participant educational materials; conducted health education seminars/presentations.

#### Health Fitness Specialist, 2014 - 2016 Corporate Fitness Works

- Ensured facility, equipment and locker rooms were clean and stocked at all times.
- Conducted fitness testing and assessments and advised participants of results.
- Provided individual and group exercise instruction and educated with items related to exercise safety and effectiveness.
- Ensured personal and facility appearance met standards.
- Assisted in the establishment and on-going coordination of the membership database/adherence program.

#### Health Fitness Specialist, 2012 - 2014 Life Time Fitness

- Monitored facility; interacted with participants and monitored equipment and participant safety.
- Provided individual and group exercise instruction; educated participants on proper techniques to maximize exercise safety and effectiveness.
- Assisted with the development and delivery of a variety of Health fitness programs and program-specific health improvement programs & promotions.
- Created and maintained bulletin boards, newsletters and other marketing & communication materials.