

# ROBERT SMITH

## Fitness Specialist

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### SUMMARY

Seeking a full-time position in a health oriented energized company, where I can utilize the skills and experience I've gained to enhance the lives of others while adding value to the company represent.

### CORE COMPETENCIES

Microsoft Office.

### PROFESSIONAL EXPERIENCE

#### Fitness Specialist

ABC Corporation - May 2006 – February 2009

##### Key Deliverables:

- Supported administration of clients wellness program.
- Performed health assessments, exercise prescription, instructed motivational programming, and health education to diverse and high-risk population.
- Prepared monthly and quarterly report on health center utilization, fitness testing results and participation in health events.
- Facilitated behavior change programs including health improvement programs, one-on-one health coaching and meeting presentations.
- Managed the employee's work schedule and payroll.
- Additional responsibilities included new client orientations, daily operational/administrative tasks including reports and client correspondence.
- Designed, implemented, and demonstrated group exercise classes.

#### Fitness Specialist

Advanced Fitness Solutions Inc. At Kansas City UAW Ford Assembly Plant - 2003 – 2006

##### Key Deliverables:

- Monitor the facility and the members using the facility.
- Design flexibility, cardiovascular, and strength programs for the members.
- Fitness assessments- measuring blood pressure, resting heart rate, body fat %, height, and weight.
- Assist members with nutrition tips and information.
- Organization and filing of member paperwork.
- Keep all equipment clean and organized.
- Ensure the safety of all members using the equipment..

### EDUCATION

- M.S. - (Saint Mary's College - Moraga, CA)