

FITNESS CONSULTANT SAMPLE RESUME

1025 Market Street, Lafayette, LA 70508

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Personal Trainer with 12+ years of experience in coaching, mentoring and fitness program development seeking a position as a Fitness Consultant. Possesses an A.S. in Sports and Fitness and is a Certified Fitness Professional (NASM).

PROFESSIONAL EXPERIENCE

DAY UNIFIED HEALTH AND WELLNESS

Personal Trainer

New Orleans, LA

September 2002 – Present

- Assist employees in creating sustainable health goals and plans.
- Conduct fitness consultations, create fitness programs.
- Follow-up with employee, track fitness gains and input into database.
- Participate in weekly meetings with Wellness Management Team; brainstorm to develop new programs for employee wellness enhancement.
- Progress individual employees' fitness programs to ensure optimal change and progress; administer monthly one-on-one fitness evaluations.

BRIGHT STARTS ACADEMY

Gym Teacher

Baton Rouge, LA

July 1997 – August 2002

- Created curriculum and guided children through lessons and games.
- Taught school-aged children principles of team building and play, self-respect and respect for others and personal hygiene.
- Collaborated with school officials to create lessons geared toward understanding adolescence, puberty and development.
- Coordinated intramural competitions in select sports such as volleyball, handball, soccer and softball.
- Encouraged personal responsibility and accountability in organized activities; created a schedule for students to manage clean-up and set-up after class, appointing a monitor to lead the activity.

EDUCATION

COWELL UNIVERSITY

Associates of Science in Sports and Fitness, June 1997

Lafayette, LA

- Graduated with Honors
- Captain of 4 intramural teams
- Volunteer basketball/soccer coach at local YMCA

ADDITIONAL SKILLS

- Current knowledge and understanding of exercise science and nutrition.
- Excellent with Microsoft Suite
- Certified Pilates instructor
- Dynamic interpersonal skills and great work ethic
- Compassion, patience and drive to motivate customers in goal attainment.

ADDITIONAL SECTION

- Certified Fitness Professional, National Academy of Sports Medicine (NASM)
- Certified Pilates Instructor, Half Moon Pilates