

# FITNESS CONSULTANT SAMPLE RESUME

1025 Market Street, Lafayette, LA 70508

(337) 204-5645

joan.doe@gmail.com

*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

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### 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

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### 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

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- 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

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