

# JANNETTA HOPPER

Fitness Consultant

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(190) 309-2255

123 Oak Street, Little Rock, AR 72201



## PROFILE

Dedicated Fitness Consultant with 1 year of experience in providing personalized fitness solutions and exceptional customer service. Adept at creating tailored workout plans, assessing client needs, and ensuring safety and satisfaction. Passionate about improving overall health and wellness while fostering a positive and motivating environment.

## LINKS

[linkedin.com/in/jannettahopper](https://www.linkedin.com/in/jannettahopper)

## SKILLS

Biomechanics

Nutrition Planning

Exercise Programming

Injury Prevention

Motivational Techniques

Body Composition Analysis

Flexibility Training

## LANGUAGES

English

Arabic

## HOBBIES

Strength training

Yoga

Cycling

## EMPLOYMENT HISTORY

### ● Fitness Consultant at FitnWell Consulting, AR

Mar 2023 - Present

- Implemented a comprehensive wellness program for clients that resulted in an average 20% increase in overall fitness levels and a 15% reduction in body fat percentage within six months.
- Developed and executed a successful marketing strategy that increased client base by 30% within one year, leading to a 25% increase in annual revenue for FitnWell Consulting, AR.
- Streamlined the client onboarding process by creating an efficient system for tracking progress, scheduling appointments, and providing personalized fitness plans, leading to a 95% client retention rate and a 10% reduction in administrative time.

### ● Associate Fitness Consultant at Fitness Solutions AR, AR

Sep 2022 - Feb 2023

- Successfully increased membership sales by 30% within the first year by implementing new marketing strategies and enhancing the overall customer experience at Fitness Solutions AR.
- Exceeded personal training session sales targets by 25% in 2020, resulting in a total revenue increase of \$50,000 for the company and higher satisfaction rates among clients.
- Developed and launched a company-wide wellness program that led to a 40% reduction in employee sick days and a 20% improvement in overall staff productivity in just six months.

## EDUCATION

### Certificate in Fitness Consulting at University of Arkansas, Fayetteville, AR

Sep 2018 - May 2022

Relevant Coursework: Anatomy and Physiology, Exercise Science, Nutrition and Wellness, Fitness Assessment and Program Design, Client Consultation and Communication, Group Fitness Instruction, and Business Practices in Fitness Consulting.

## CERTIFICATES

### National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT)

Dec 2021

### American Council on Exercise Health Coach Certification (ACE-HC)

Sep 2020

## MEMBERSHIPS

### National Strength and Conditioning Association (NSCA)