

BRETT ADDISON ☺ Multi-Certified Personal Trainer

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Profile

- **Dedicated fitness professional** with a passion for improving client health, wellness and quality of life. Deliver high-energy training using the latest techniques in exercise science, cardio programs and strength training.
- **Deliver fitness, weight loss and nutrition programs** for youth, teens, adults and senior citizens that are fun, safe, extremely effective and tailored to individual needs/goals.
- **Body transformation specialist** adept in helping diverse populations achieve their fitness, weight loss and conditioning goals faster than they ever thought possible.

Skills

- 1-on-1 Personal Training
- Group Fitness Instruction
- Client Goal-Setting & Motivation
- Customized Exercise & Meal Plans
- Strength & Conditioning
- Cardiovascular / Endurance Training
- Pilates & Bootcamp-Style Workouts
- Nutrition Counseling

Professional Experience

ABC DEPARTMENT of PARKS & RECREATION — Sometown, OR

Personal Trainer | Group Fitness Instructor, 2014 to Present

As a personal trainer, lead individualized workouts incorporating aerobic and anaerobic exercises. Work with clients to evaluate fitness levels, set goals, monitor progress and blast through plateaus. As a group fitness instructor, lead fun, energetic classes for diverse age groups and fitness levels.

- Built a strong client base with 97% repeat business and a roster of satisfied clients.
- Custom designed exercise, nutrition and strength/conditioning programs that enabled scores of clients to achieve dramatic weight loss (up to 125+ lbs.); prevent/reverse type 2 diabetes; reduce medication for depression, anxiety and hypertension; and adopt a healthier lifestyle.
- Guided clients through safe workouts modified to their fitness levels and medical considerations, from obesity to hypertension, arthritis, sports injuries and post-surgeries.
- Developed and delivered fitness classes that consistently achieved filled-to-capacity enrollment (up to 50 per class) and rave reviews. Top-rated instructor of:

Cross-Training Mania | Pilates | Fat Blasters | Fitness Fusion | Bikini Bootcamp | Fit & Fun for Youth

DEF UNIVERSITY — Sometown, OR

Personal Trainer, 2011 to 2014

Empowered university student clients to take control of their eating and exercise habits by providing personalized training, customized meal plans, knowledgeable instruction and motivational support.

- Ranked #1 for highest number of client bookings 2 years in a row.
- Developed university fitness center's first preventive-maintenance program for gym equipment upkeep that saved thousands of dollars in annual repair and replacement costs.

Education & Certifications

DEF UNIVERSITY — Sometown, OR • **BS in Kinesiology**

- ACE-Certified Health Coach
- IFPA-Certified Personal Trainer
- IFPA-Certified Sports Nutritionist
- Certified Pilates Instructor
- CPR Certified

American Council on Exercise, 2014 to Present

International Fitness Professionals Association, 2011 to Present

International Fitness Professionals Association, 2011 to Present

Peak Pilates®, 2014 to Present

American Red Cross, 2011 to Present