

Robert Smith

Health Fitness Specialist/Instructor

CONTACT DETAILS

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PERSONAL STATEMENT

Goal-oriented health coach and fitness instructor with an extensive educational and professional background in nutrition counseling, personal training, and management in a health promotion environment.

WORK EXPERIENCE

Health Fitness Specialist/Instructor **ABC Corporation - April 2003 - September 2005**

Responsibilities:

- Complete registration and enrollment on new members.
- Conduct fitness testing, health risk appraisals and lab screenings according to established policies and procedures.
- Interpret and explain assessment results and make appropriate recommendations for risk reductions and lifestyle improvements.
- Prescribe an appropriate exercise prescription based on each member needs and abilities.
- Instruct members of all ages on proper exercise techniques and concepts of fitness; supervise member workouts and conduct exercise classes for specific groups.
- Identify and correct unsafe conditions and practices related to exercise participation.
- Lead weekly group fitness classes at a corporate employee fitness center and facilitated a safe and fun atmosphere for fitness participants.

Health Fitness Specialist **Medifit - 2000 - 2003**

Responsibilities:

- Opening closing procedures.
- Assist with wellness initiatives.
- Member and floor interaction.
- Group exercise instruction.
- Front desk operations.
- This is Dummy Description data, Replace with job description relevant to your current role.
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Education

B.S. in Athletic Training - August 1998(University of North Carolina of Pembroke - Pembroke, NC)

SKILLS

Management,
Healthcare, Adobe
Photoshop, Microsoft
Office, Excel, Word,
Power Point.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company
Name)
Reference - 2 (Company
Name)