

Health Fitness Specialist

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Objective

Health Fitness Specialist Utilize work experience and educational skills in a team-oriented field to support, learn and grow in a new atmosphere.

Skills

Powerchart Cerner, Microsoft Word/Works, Excel, Powerpoint, Group Exercise Instructor, Personal Trainer.

Work Experience

Health Fitness Specialist

Dalichi Sankyo - June 2016 - 2020

- Provides individual and group exercise instruction; educates participants on proper techniques to maximize exercise safety and effectiveness.
- Conducts fitness testing and assessments and advises participants of results; designs individualized programs to meet the members interests, abilities and goals.
- Assists with the development and delivery of a variety of HealthFitness and program-specific health improvement programs and promotions.
- Participates in membership drives to acquire new members; enrolls new participants and conducts facility, program and equipment orientations.
- Promotes program offerings and conducts outreach activities to increase participation and re-engage inactive members.
- Creates and maintains bulletin boards, newsletters and other marketing and communication materials.
- Supervise and monitor exercise participants Design & Implement of workout programs, along with health promotion programs Perform administrative tasks associated with facility operations.

Health Fitness Specialist

ABC Corporation - 2011 - 2016

- Responsible for directly increasing daily participation, retention and growing membership.
- Conducts fitness testing and assessments and advises participants of results; designs individualized programs to meet the participants interests, abilities and goals.
- Coordinates and leads a variety of program-specific health improvement programs & promotions.
- Create monthly health and wellness newsletter, bulletin boards, and other marketing & communication materials.
- Generate new program offerings and conducts outreach activities that increase participation and re-engage inactive members.
- Instruct group exercise classes and increased group exercise class participation by 10 percent.
- Manage equipment inventory and specified purchases of new fitness equipment..