

Doretta Huaracha

Fitness Trainer

 doretta.huaracha@gmail.com

 (638) 383-4425

 Dallas, TX

Education

Bachelor of Science in Exercise Science at Texas A&M University, TX

Aug 2018 - May 2022

Relevant Coursework: Anatomy and Physiology, Biomechanics, Exercise Physiology, Nutrition, Fitness Assessment, Kinesiology, Strength and Conditioning, Health Promotion, Injury Prevention and Rehabilitation, Research Methods in Exercise Science, and Motor Development.

Links

[linkedin.com/in/doretta-huaracha/](https://www.linkedin.com/in/doretta-huaracha/)

Skills

CPR Certification

Nutrition Knowledge

Injury Prevention

Strength Training

Flexibility Enhancement

Cardiovascular Conditioning

Body Composition Analysis

Languages

English

Dutch

Profile

Dedicated Fitness Trainer with a year of hands-on experience in creating personalized fitness programs, conducting fitness assessments, and providing one-on-one training sessions. Demonstrated expertise in promoting safe workout methods, providing dietary advice, and motivating clients to achieve their fitness goals. Possesses a strong understanding of human anatomy and fitness techniques. Committed to helping clients enhance their physical health and well-being.

Employment History

Fitness Trainer at FitnessTrainer Austin Personal Trainers, TX

Jul 2023 - Present

- Developed and implemented a new high-intensity interval training (HIIT) program, resulting in a 30% increase in class attendance over a 6-month period.
- Successfully trained and prepared 10 clients for various fitness competitions, with all of them placing in the top 15% of their respective categories.
- Reduced client injury rate by 20% by incorporating preventative exercises and proper form training into all workout plans.
- Increased overall client base by 40% through targeted marketing campaigns and by providing exceptional service that garnered positive word-of-mouth referrals.

Assistant Fitness Trainer at Anytime Fitness, TX

Jul 2022 - May 2023

- Implemented a new fitness program that increased client retention rate by 20% in the first quarter of 2019.
- Trained and mentored 5 new trainers within a 6-month period, improving the overall team performance by 15%.
- Led a successful weight loss challenge in summer 2020, resulting in an average weight loss of 10 pounds per participant.

Certificates

Certified Strength and Conditioning Specialist (CSCS)

Jan 2022

Certified Personal Trainer from the American Council on Exercise (ACE)

Dec 2020

Memberships

National Strength and Conditioning Association (NSCA)

American Council on Exercise (ACE)