

ROBERT SMITH

Fitness Specialist

Phone: (0123) 456-789 | Email: info@qwikresume.com | Website: Qwikresume.com

SUMMARY

Seeking a full-time position in a health oriented energized company, where I can utilize the skills and experience I've gained to enhance the lives of others while adding value to the company represent.

CORE COMPETENCIES

Microsoft Office.

PROFESSIONAL EXPERIENCE

Fitness Specialist

ABC Corporation - May 2006 – February 2009

Key Deliverables:

- Supported administration of clients wellness program.
- Performed health assessments, exercise prescription, instructed motivational programming, and health education to diverse and high-risk population.
- Prepared monthly and quarterly report on health center utilization, fitness testing results and participation in health events.
- Facilitated behavior change programs including health improvement programs, one-on-one health coaching and meeting presentations.
- Managed the employee's work schedule and payroll.
- Additional responsibilities included new client orientations, daily operational/administrative tasks including reports and client correspondence.
- Designed, implemented, and demonstrated group exercise classes,

Fitness Specialist

Advanced Fitness Solutions Inc. At Kansas City UAW Ford Assembly Plant - 2003 – 2006

Key Deliverables:

- Monitor the facility and the members using the facility.
- Design flexibility, cardiovascular, and strength programs for the members.
- Fitness assessments- measuring blood pressure, resting heart rate, body fat %, height, and weight.
- Assist members with nutrition tips and information.
- Organization and filing of member paperwork.
- Keep all equipment clean and organized.
- Ensure the safety of all members using the equipment..

EDUCATION

- M.S. - (Saint Mary's College - Moraga, CA)