

# Doretta Huaracha

Fitness Trainer

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☎ (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/dorettahuaracha](https://www.linkedin.com/in/dorettahuaracha)

## 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)