

ROBERT SMITH

Sr. Health Fitness Specialist

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SUMMARY

A Health Fitness Specialist position with responsibilities performing all radiographic examinations according to established protocols with a high degree of accuracy in positioning and exposure techniques.

CORE COMPETENCIES

Radiography Imaging, Fitness Instructor,

PROFESSIONAL EXPERIENCE

Sr. Health Fitness Specialist

ABC Corporation - August 2011 – August 2012

Key Deliverables:

- Supervises facility; interacts with participants and monitors equipment and participant safety.
- Provides individual and group exercise instruction; educates participants on proper techniques to maximize exercise safety and effectiveness.
- Coordinates and leads a variety of program-specific health improvement programs & promotions.
- Conducts fitness testing and assessments and advises participants of results; designs individualized programs to meet the participants interests, abilities and goals.
- Researches health & fitness educational topics and identifies appropriate participant educational materials; conducts health education seminars/presentations.
- Participates in membership drives to acquire new participants; enrolls new participants and conducts facility, program and equipment orientations.
- Promotes program offerings and conducts outreach activities to increase participation and re-engage inactive participants.

Health Fitness Specialist

Corporate Fitness Works - 2010 – 2011

Key Deliverables:

- Ensure that the fitness center is clean upon the opening and closing of each shift.
- Instruct group exercise classes Kick Box, Spin, and HITT.
- Create exercise incentive programs that engage current and new members to reach their health and fitness goals.
- Responsible for keeping track of memberships and member dues on ICTraining.
- Implement fitness assessments and program designs for members who are new or need to create new health and fitness goals.
- Assist clients during training sessions and ensure they are using proper form by cuing them during the exercise.