

Robert Smith

Health Fitness Specialist/Representative

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SUMMARY

To obtain a position in which can utilize fitness background and encourage others to strive for a healthy lifestyle.

SKILLS

Prescribing exercise to clinical.

WORK EXPERIENCE

Health Fitness Specialist/Representative

ABC Corporation - April 2003 - September 2005

- 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.

Health Fitness Specialist

HEALTH FITNESS - 2001 - 2003

- Created and implemented multiple health programs for the company that were executed at sites in Connecticut, Tennessee, Philadelphia, and Arizona.
- Facilitated several charity events for breast cancer and diabetes in which reports and success stories were shared with direct management.
- Led initial branding, planning, and messaging of programs to employees of multiple businesses to leverage the success of the outreach and marketing of programs.
- Key Contributions -Led the first weight loss program run from the program site to the historic Philadelphia Art Museum.
- Created incentivized program that led to 15 women losing 10-15lbs in under 6 weeks -Ran multiple off-site events to promote the brand to outside prospective clients, which resulted in a sponsorship by the Philadelphia Run athletics store.
- This is Dummy Description data, Replace with job description relevant to your current role.
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EDUCATION

Bachelor of Science in Exercise Science and Adult Fitness - (Montclair State University - Montclair, NJ)