

marjorie goodwin

HEALTH AND FITNESS EXPERT

about

I am a licensed health and fitness expert specializing in creating exercise programs to fit each client's individual strengths and needs. With energy and determination, I effectively push my clients to achieve their fitness goals.

contact

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experience

FITNESS TRAINER | NEWCASTLE FITNESS GYM | FEB 2013 - PRESENT

- Devised workout programs for clients of different ages and fitness requirements
- Assisted staff in organizing class workouts and group activities
- Administer fitness assessments and treadmill tests to advise feasible fitness goals

NUTRITION ADVISER | WEST BAY CLINIC | SEPT 2012 - JAN 2013

- Devised workout programs for clients of different ages and fitness requirements
- Assisted staff in organizing class workouts and group activities
- Administer fitness assessments and treadmill tests to advise feasible fitness goals

qualifications

- 2014** CERTIFIED PERSONAL TRAINER
FITNESS INSTITUTE OF NEWCASTLE
- 2013** CPR AND FIRST AID CERTIFICATION
INSTITUTE OF HEALTH AND WELLNESS
- 2012** TEACHER'S LICENSURE EXAMINATION

skills

- WEIGHT TRAINING
- NUTRITION ADVICE
- NUTRITIONAL PLANNING
- FITNESS PROGRAMS
- INDIVIDUAL ASSESSMENT

awards

BEST FITNESS TRAINER, 2017
NEWCASTLE FITNESS GYM

education

UNIVERSITY OF GLASGOW, 2017
BACHELOR OF ARTS,
MAJOR IN EDUCATION