

# ROBERT SMITH

## Senior Health Fitness Specialist

E-mail: info@qwikresume.com

Phone: (0123)-456-789

### SUMMARY

Highly qualified Fitness Specialist with experience in the industry. Enjoy creative problem solving and getting exposure on multiple projects; and I would excel in the collaborative environment on which your company prides itself.

### SKILLS

Fluent in Microsoft Word, Excel, Access and PowerPoint.

### WORK EXPERIENCE

#### Senior Health Fitness Specialist

Healthways - Honeywell - July 2015 - 2019

- Monitor facility; interact with participants and monitor equipment and participant safety.
- Provide individual and group exercise instruction; educate participants on proper techniques to maximize exercise safety and effectiveness.
- Enroll new participants and conduct facility, program and equipment orientations.
- Create, develop and implement health incentive programs for Honeywell employees in order to increase member participation and use of onsite gym.
- Create and maintain bulletin boards, newsletters, and other marketing & communication materials.
- Perform administrative tasks such as performing monthly usage reports, ordering and stocking supplies for fitness center, enrolling and cancelling members, scheduling appointments, and assisting in new member orientations.
- Work hand in hand with Fitness Manager to train new subs and new hires for the Fitness Specialist position.

#### Fitness Specialist

ABC Corporation - 2011 - 2015

- I was the fitness specialist for children ages 3-5.
- Taught the young students about the importance of exercising and I showed them fun games where they can implement physical activity and have lots of fun while doing so.
- Used games to exercise their locomotor skills to flex their basic movements at their tender age.
- These kids were amazing, they had fun with a lot of my games and they also learned a lot of the terminology that people use in gyms.
- At such a young age that is huge, and it is also a big step into a future healthy life.
- Skills Used I used great communication skills such as songs to sing along with the games/exercises, and I made sure I got their attention.
- Kids respond well to routine things and they do not get bored easily when it comes to physical activity.