

## Objective

Motivated Fitness Instructor accomplished in helping clients at all fitness levels get into the best shape of their lives. Strongly believes health is a conscious lifestyle choice necessary for longevity and happiness.

## Skills

Health Specialist, Health Educator.

## Work Experience

### Health Fitness Specialist I

**WINSLOW INDIAN HEALTHCARE CENTER** - November 2015 - 2020

- Conduct or facilitate training sessions or seminars for wellness and fitness staff.
- Assess and evaluate individuals abilities, needs, and physical conditions, and develop appropriate training programs to meet any special requirements.
- Provides fitness instruction, when scheduled and when scheduled instructor is unable to teach.
- Offer alternatives/modifications during classes to accommodate different levels of fitness - Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants capabilities and limitation.
- Observer participants and inform them of corrective measures necessary for skill improvement.
- Make sure that the participants follow proper techniques of breathing and exercise pattern so that physical strain does not occur.
- Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.

### Health Fitness Specialist

**ABC Corporation** - 2013 - 2015

- Performed pre-participation health screenings for new members in order to obtain baseline information to make effective recommendations towards healthy lifestyle living.
- Conducted physical fitness assessments, interpreted results and developed exercise prescriptions based upon clients needs and goals.
- Applied behavioral and motivational strategies to apparently healthy individuals and individuals with medically controlled diseases and health conditions to support clients in adopting and maintaining healthy lifestyle behaviors.
- Instructed group fitness classes such as Cardio Intervals, Core Strength & Balance, Boot Camp and Silver Sneakers.
- Performed fitness management, administration and supervision of the fitness facility.
- Acted as the liaison between health and wellness groups within the local area to collaborate and provide health fairs to the community.
- This is Dummy Description data, Replace with job description relevant to your current role.

## Education

- August 2012(Black Hills State University - Spearfish, SD)