

# Nidhi Patel

## *Fitness Instructor*

✉ nidhipatel4340@gmail.com

☎ 905-924-1873

📍 L1G 5H1, Oshawa, Ontario

in LinkedIn

### SKILLS

Strong interpersonal and communication skills.

Knowledge of fitness program design and implementation.

Proficient in various fitness disciplines (e.g., aerobics, yoga, strength training).

CPR and First Aid Certified.

Proficient in client progress monitoring and motivation.

### LANGUAGES

English



Enthusiastic and passionate Fitness Instructor with a strong commitment to health and fitness. Dedicated to motivating and supporting clients in achieving their fitness goals through an energetic and positive workout environment.

### PROFESSIONAL EXPERIENCE

#### **Leap Physio and Rehab, Fitness Intern**

Markham, Ontario

- Assisted in leading group fitness classes, provided support in client fitness assessments, and maintained equipment.

#### **Volunteer Corona Warrior**

Ahmedabad, India

- Organized and led community initiatives focusing on safety and precautions.

### EDUCATION

#### **Diploma in Fitness and Health Promotion, Durham College**

2024 | Oshawa, Ontario

- **Key Coursework:** Anatomy, Nutrition, Exercise Physiology

#### **Bachelor's in Physiotherapy, Parul University**

2020 | Ahmedabad, India

- **Key Coursework:** Musculoskeletal Anatomy, Rehabilitation Techniques, Physiotherapy in Sports Injuries, Neurology and Cardiorespiratory Physiotherapy

### HOBBIES & INTERESTS

Participating in fitness challenges.

Reading and researching the latest trends in fitness.

Yoga and mindfulness meditation.

### CERTIFICATES

**Diploma in Health Science**  
Durham College, 2024

**First Aid and CPR**  
**Certification**  
Pulse CPR, 2024