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| **VICTORIA HONEYCUTT** | |
| 11111 N Harrells Ferry Rd Apt# 187 | C: (225) 721-7111 |
| Baton Rouge, LA 70816 | Victoriahoneycutt@aol.com |

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| **SUMMARY** |

Certified fitness instructor with a strong background in exercises that improve muscle and bone strength, joint and muscle flexibility, endurance and stamina, as well as balance and coordination. Dedicated athlete competing in adventure runs/races. Passionate about inspiring others to improve their overall health and wellness. Highly motivated leader seeking to fuel a balance of the mind, body, and spirit.

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| **HIGHLIGHTS** |

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| * Certified Personal Trainer | * Experience Using Biometric Tools |
| * Trained Wellness Coach | * Competent Fitness and Health Assessor |
| * CPR & First Aid Certified | * Personable |
| * Experience in the Corporate Wellness Industry | * Intermediate Microsoft Office Skills   (Word, Excel, & Outlook) |
| * Group Exercise Instructor | * Accelerated Learner |
| * Fitness Equipment Expertise | * Attentive |
| * Adapt Comfortably to Change | * Capable of Multitasking |
| * High Accuracy with Data Entry | * Outgoing |
| **EXPERIENCE** | |
| **SB Wellness Group Inc.** Baton Rouge, LA | 06/2012 to Present |
| Fitness Attendant/ Outside Events Worker/ Wellness Attendant/ Wellness Coach | |

**Responsibilities**

* Checking for appointments in outlook and preparing for them ahead of time
* Answering email communications in outlook
* Touring the gym; Showing them around and explaining what we offer (one-on-one training, health/fitness assessments, nutrition guidance, weekly fitness classes, and fitness programs)
* Teaching and preparing for scheduled classes
* Making sure participants sign in for class and recording the participation in outlook
* Handling administrative duties: entering new members, cancellations, visitor's passes, etc. into "Fitness Publisher”
* Scheduling future appointments
* Completing weekly reports
* Performing health/fitness assessments for new members and entering data into the system
* Helping members set goals, both long term and short term. Asking them about strengths and weaknesses, obstacles, and behavior changes
* Designing classes to match the skill and learning levels of all participants
* Suggesting exercise modifications to individuals to avoid strain and injury
* Working additional events such as health fairs at BREC, Blue Cross Blue Shield, & Cracker Barrel; Discussing lipid panels & weight risk assessment with each individual

**Results and Achievements**

* Recruiting new members to the gym and classes (AVG: 8-13 people each class)
* Helping one client in particular lose over 20 lbs.
* Many requests for one-on-one workout appointments (People tend to feel more comfortable around me vs. the other staff members because I'm personable, friendly, and always smiling)
* Instructor of many classes for SB Wellness after extensive training. Here are a few examples:
* Rock Bodies- works all major muscle groups with a variety of body weight and light resistance work. Short cardio bursts.
* Abs/Core- designed to strengthen all muscles in your core, including abs and lower back. Great for managing and preventing common back pain.
* Stretch and Go- improve flexibility while working on light strengthening and balance.
* Lower Body- works the lower body with a variety of weight and light resistance work. Work through long repetitions and short cardio bursts.

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| **EDUCATION** | |
| **Bachelor of Arts**: **General Studies** | 2012 |
| Southeastern Louisiana University | Hammond, LA |

Coursework in Health and Exercise Science & Kinesiology

Coursework in Communications, Marketing, and Business

Member of SAAC (Student Athletic Committee)

Member of SMA (Sports Management Association)

Academic Achievement Awards: Deans list 2 yrs and Presidents list 1 yr

Scholarship: 4 yr, Division 1, Collegiate athlete (softball pitcher)

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| **PROFESSIONAL CERTIFICATIONS** |

Personal Training Certificate

CPR and First Aid Certificate