

# Justin P. Miller

Spring, Tx | 515-557-0405 | Justinmiller617@gmail.com

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- *Passionate fitness and nutrition enthusiast & industry advocate*
  - *Quick learner who thrives on continuous personal growth & achievement*
  - *Dependable, outgoing personality, and great rapport-building skills*
  - *Open to a wide variety of opportunities—thrives on diversity of experience*

## Education & Certifications

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- **NASM Certified Personal Trainer** **2022 - Present**
    - National Academy of Sports Medicine, Chandler, AZ
    - Continuing education—working towards Nutrition Specialist Certification
  - **Oak Ridge High School – Spring, Texas** **May 2020**
    - High School diploma

## Work Experience

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- Life Time, Shenandoah, TX - Facility Ops Team Member** Oct. 2023 - Present
    - Maintain club cleanliness by performing daily tasks.
    - Ensure locker rooms are clean and stocked with towels and amenities.
    - Interact with members and help with any inquiries they have.
    - Help everyone live happier and healthier lives.
  - Planet Fitness, Spring, TX - Member Services Representative** Nov. 2021 - Oct. 2023
    - Greet and interact with members, answer questions, share information, and be the face of Planet Fitness.
    - Help grow club membership by consulting with potential new customers.
    - Clean club and maintain/calibrate equipment regularly.
    - Schedule classes, training sessions, and other activities at the club.
  - JM Personal Training, Spring, TX** Jan. 2023 - Present
    - Design customized training programs based upon individual fitness goals.
    - Instruct clients about correct form, use of weight resistance, and cardiovascular equipment.
    - Work with clients to improve their overall endurance, strength, flexibility, and balance.
    - Educate clients about the relationship between nutrition and fitness.
    - Execute effective marketing tactics to grow & develop business.
  - Main Event, Spring, TX - Waiter** Aug. 2020 – April 2021
    - Provided personal and effective wait service to ensure a great experience.
    - Took customer orders and delivered food and beverages with a smile.

## References Available Upon Request