

Nicholas Remley
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Education

- Northern Illinois University, Bachelor of Science in Kinesiology, 2014 Graduate
- Crystal Lake South High School

Work Experience

Noom, Inc. | Remote Health Coach | June 2019 to Present

- Provide coaching, guidance, and support to individuals and groups via computer application
- Adapt coaching styles to match each individuals' needs while managing high caseloads
- Ensure seamless experiences for users by providing coaching coverage as a part of a small, fast-paced team
- Mentor new coaches on efficient utilization of their skills to provide users with optimum support

Midtown Athletic Club; Palatine, IL | Personal Trainer | August 2017 to August 2018

- Educated new trainers on best practices and techniques
- Created, developed, and marketed fitness programs and online exercise videos aimed to generate new clients
- Presented fitness lectures and demonstrations to educate members and staff
- Developed attainable health goals to help motivate clients reach their full potential

Athletes Edge; Batavia, IL | Lead Personal Trainer | June 2013 to February 2017

- Worked closely with physical therapists, chiropractors, and athletic trainers to provide corrective exercise for patients
- Educated interdisciplinary team members on new clients and training programs
- Marketed, trained, and sold all client fitness programs and products
- Managed and maintained all aspects of the onsite facility, social media platforms, and the online fitness portal

Delnor Hospital; Geneva, IL | Fitness Specialist | March 2014 to August 2015

- Marketed health care programs and maintained client relations
- Developed fitness programs that fit each client's lifestyle
- Created and presented monthly fitness lectures to clients and medical staff
- Performed motivational counseling to help patients achieve health goals

Licenses and Certifications

- Performance Enhancement Specialist (PES)
- PTA Global Exercise and Stress Management Credential
- First Aid CPR AED
- USA Hockey Level 2 Coaching

Memberships

- National Academy of Sports Medicine, June 2013 to Present