

# Jason Miller

■ jason.miller@example.com | ■ +1 415 987 4521 | ■ San Francisco, California, USA  
LinkedIn: linkedin.com/in/jasonmiller | Portfolio: jasonmillerfitness.com

## Profile Summary

Certified fitness trainer with over 6 years of experience in personal training, group classes, and wellness coaching. Skilled in strength training, cardio programs, and dietary planning. Dedicated to helping clients achieve their fitness goals through tailored workout plans and motivational support.

## Skills

- Fitness Training, Dietary Planning
- Communication, Leadership, Teamwork

## Experience

### **Personal Trainer | FitLife Gym | Jan 2018 – Dec 2022**

- Designed customized training plans and conducted one-on-one sessions.
- Guided clients in achieving weight loss and muscle gain goals.

### **Group Fitness Instructor | Urban Active Fitness | Jun 2015 – Dec 2017**

- Led group classes including HIIT, circuit training, and bootcamps.
- Motivated participants and ensured safe exercise practices.

## Education

### **B.A. in Kinesiology | University of California, Los Angeles (UCLA)**

Graduated: 2014 | GPA: 3.6

## Certificates & Training

- NASM Certified Personal Trainer (CPT)
- First Aid & CPR Certification
- Nutrition and Wellness Consultant

## Languages

- English – Native
- Spanish – Intermediate