

Internship Internship Duluth, MN Knowledgeable Exercise Physiologist seeking to demonstrate the power of exercise and movement to improve patients' health and well-being through one-on-one and small group training programs. Approachable coach able to motivate patients and establish positive wellness habits. Proven business management, leadership, and organizational experience. Leveraged technology to improve the creation, delivery and effectiveness of exercise programs. Authorized to work in the US for any employer Work Experience Internship SUPERIOR PERFORMANCE - Duluth, MN June 2019 to August 2019 Worked with endurance clients online and in-person. Assisted with exercise tests. Developed training plans. Developed a Wellness program pilot to be offered as a service to small and mid-sized companies. Lead Web Developer AERO DESIGN AND MANUFACTURING - Duluth, MN August 2010 to August 2018 Maintained ecommerce website including content creation, database management, and web programming Maintained email marketing lists and campaigns Partner BACT PROPERTIES - Duluth, MN February 2008 to December 2017 Founded and ran real estate rental company, managing 7 properties and 17 rental units Bookkeeping, day-to-day accounting, and analysis for purchase and rehabilitation projects Marketed vacancies and interviewed and vetted prospective tenants Partner, Lead Web Developer OPPNA WEB SOLUTIONS - Duluth, MN June 2001 to December 2017 Partner in a web development business, assisted with business responsibilities Designed, developed, and maintained websites and associated databases Communicated with clients, set expectations, and resolved conflicts Head Lifeguard, Personal Trainer, Swim Coach YMCA - Syracuse, NY 1992 to 2004 Supervised and developed pool schedules Designed and supervised individualized exercise programs for person training clients Coached high-level age group swim team Taught Lifeguards, First Aid, and Water Safety Instructors Education Master of Science in Exercise Physiology COLLEGE OF ST. SCHOLASTICA - Duluth, MN August 2019 Bachelor of Arts in Natural Science ST. JOHN'S UNIVERSITY - Collegeville, MN December 1987 Skills Coaching, Organizational skills, Cpr/aed, Cardiac, Ekg, Excel, Microsoft word, Excellent organizational skills, Teaching Additional Information CORE COMPETENCIES CPR/AED Certified Knowledge and understanding of exercise physiology, nutrition and cardiac risk factors EKG, blood pressure, heart

rate and lactate monitoring Exercise testing; max, sub-max, lactate threshold, and cardiac stress tests Body composition testing, 7-site skinfold measurements Fitness assessments Aerobic and strength exercise program design Pursuing NSCA CSCS and ACSM EP-C certification Expertise with metabolic cart and Breeze software **ADDITIONAL SKILLS** Proficient in Microsoft Word and Excel Knowledge of web programming languages Excellent organizational skills Teaching, coaching, and communication skills Skilled working with varied software and hardware platforms

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