

Professional Summary

Results-driven Health & Fitness professional with 10+ years of experience in promoting holistic well-being through innovative health education, personalized training, and strategic public health initiatives. Proven track record of enhancing client outcomes and driving business growth through effective leadership and collaboration.

Professional Experience

Director of Health & Fitness Services

Inazuma.co | January 2020 - Present

Senior Health Promotion Manager

FitCorp Ltd. | June 2018 - December 2019

Key Achievements:

- Increased program participation by 35% through targeted marketing and community outreach.
- Developed and implemented a corporate wellness program, resulting in a 25% reduction in employee health insurance claims.

Responsibilities:

- Managed a team of health promotion specialists.
- Designed and delivered health education workshops.

Health Education Coordinator

Wellness Center Inc. | March 2015 - May 2018

Key Achievements:

- Created and taught a series of nutrition classes, leading to a 90% client satisfaction rate.
- Collaborated with local schools to integrate health education into their curriculum.

Responsibilities:

- Coordinated community health events.
- Provided one-on-one health counseling.

Personal Trainer & Nutrition Advisor

SportsFit Gym | January 2012 - February 2015

Key Achievements:

- Achieved a client retention rate of 85% through personalized training and nutrition planning.
- Developed and led group fitness classes, increasing class size by 50%.

Responsibilities:

- Conducted fitness assessments and created customized workout plans.
- Provided nutrition counseling and meal planning.

Education

Bachelor of Science in Exercise Physiology
University of California, Los Angeles (UCLA)

Technical Skills

Health & Fitness:

- Health Promotion
- Health Education
- Sports Nutrition
- Personal Training
- Nutrition
- Public Health
- First Aid
- Exercise Physiology
- Fitness Training
- Weight Management

Business & Technology:

- Microsoft Office
- Customer Service
- Critical Thinking
- Health Economics

Coaching & Development:

- Sports Coaching
- Identifying Client Needs