

Professional Summary

Results-driven Health & Fitness Coach and Speaker with 12+ years of experience in transforming lives through personalized training, nutrition, and wellness programs. Proven track record of improving physical and mental well-being for individuals and corporate clients. Skilled in creating engaging workshops, seminars, and one-on-one coaching sessions.

Professional Experience

Senior Health & Fitness Coach and Speaker

Inazuma.co | January 2018 - Present

Lead Fitness Coach

FitCorp Inc. | June 2015 - December 2017

Key Achievements:

- Increased client retention by 30% through personalized training programs
- Developed and led workshops for up to 50 participants, focusing on strength training and nutrition

Responsibilities:

- Coached clients in one-on-one and group settings
- Created customized fitness and nutrition plans

Fitness Coach and Nutrition Advisor

Wellness Center at NYU | January 2012 - May 2015

Key Achievements:

- Collaborated with the nutrition team to develop a holistic wellness program, resulting in a 25% increase in program enrollment
- Conducted seminars on sports nutrition for university athletes

Responsibilities:

- Provided fitness assessments and created personalized workout plans
- Offered nutritional counseling sessions

Personal Trainer

SportsFit Gym | June 2009 - December 2011

Key Achievements:

- Achieved a client satisfaction rate of 95% through tailored training sessions
- Assisted in the development of group fitness classes

Responsibilities:

- Conducted one-on-one training sessions
- Participated in gym events and promotions

Education

Master of Science in Exercise Physiology

University of California, Los Angeles (UCLA)

Relevant Coursework:

- Advanced Exercise Physiology
- Nutrition for Athletes
- Sports Psychology

Technical Skills

Fitness and Training:

- Personal Training
- Fitness Training
- Strength Training
- Weight Training
- Functional Training

Nutrition and Wellness:

- Nutrition
- Sports Nutrition
- Wellness
- Nutritional Counseling
- Weight Management

Coaching and Development:

- Coaching
- Exercise Physiology