

Professional Summary

Results-driven Health & Fitness expert with a passion for nutrition, leveraging 10+ years of experience to drive wellness transformations. Proven track record of successfully managing fitness through dietary manipulation, with a strong background in weight training and personal training.

Professional Experience

Senior Fitness & Nutrition Specialist

Inazuma.co | January 2018 - Present

Fitness & Nutrition Coach

FitZone Inc. | June 2015 - December 2017

Key Achievements:

- Increased client retention by 30% through tailored fitness and nutrition plans.
- Developed and led a 'Nutrition for Fitness' workshop series, attracting over 500 attendees.

Responsibilities:

- Conducted one-on-one coaching sessions for fitness and nutrition.
- Created customized workout and meal plans for clients.

Personal Trainer

Wellness Hub | March 2012 - May 2015

Key Achievements:

- Achieved a 95% client satisfaction rate through effective goal setting and workout planning.
- Collaborated with the nutrition team to develop a holistic wellness program.

Responsibilities:

- Designed and led group and personal training sessions.
- Assisted in the development of wellness programs.

Fitness Instructor

Fitness Frenzy | January 2010 - February 2012

Key Achievements:

- Increased class attendance by 25% through engaging and varied workout routines.
- Assisted in the training of new instructors.

Responsibilities:

- Taught group fitness classes.
- Participated in staff training and development.

Education

Bachelor of Science in Nutrition

University of California, Berkeley

Technical Skills

Fitness:

- Weight Training
- Personal Training
- Group Fitness Instruction

Nutrition:

- Meal Planning
- Dietary Analysis
- Nutrition Counseling

Software:

- Fitness Tracking Software (e.g., MyFitnessPal, Fitbit)
- Nutrition Planning Tools (e.g., Nutritionix, YAZIO)