

Professional Summary

Results-driven Health & Fitness expert with over 10 years of experience, dedicated to empowering clients to achieve a healthy, happy, pain-free, and productive life through holistic approaches to nutrition, lifestyle, and exercise. Proven track record of success in personal training, strength training, and wellness coaching, with a strong foundation in exercise physiology and sports medicine.

Professional Experience

Director of Health & Wellness

Inazuma.co | January 2020 - Present

Senior Personal Trainer & Wellness Coach

FitZone Inc. | June 2018 - December 2019

Key Achievements:

- Increased client retention by 30% through personalized coaching and goal setting
- Developed and led workshops on nutrition and stress management, resulting in a 25% increase in workshop attendance

Responsibilities:

- Conducted one-on-one personal training sessions and group fitness classes
- Created customized wellness plans for clients with diverse health goals

Exercise Physiologist & Rehabilitation Specialist

SportsMed Clinic | March 2015 - May 2018

Key Achievements:

- Successfully rehabilitated 95% of patients with sports injuries, returning them to full activity within 6 months
- Collaborated with physical therapists to develop and implement effective rehabilitation protocols

Responsibilities:

- Assessed and treated patients with musculoskeletal injuries
- Designed and supervised exercise programs for injury prevention and rehabilitation

Fitness Instructor & Wellness Coach

Wellness Center at University of California, Los Angeles (UCLA) | September 2012 - February 2015

Key Achievements:

- Taught a variety of group fitness classes, including yoga, Pilates, and strength training, with consistently high attendance
- Provided wellness coaching to students, resulting in improved academic performance and reduced stress levels

Responsibilities:

- Developed and led fitness classes for students, faculty, and staff
- Conducted workshops on mindfulness, nutrition, and stress management

Education

Master of Science in Exercise Physiology

University of Southern California (USC)

Relevant Coursework:

- Exercise Physiology
- Sports Nutrition
- Biomechanics
- Motor Learning and Control

Technical Skills

Fitness & Exercise:

- Personal Training
- Strength Training
- Fitness Training
- Strength & Conditioning
- Functional Training
- Pilates
- Yoga

Wellness & Nutrition:

- Wellness Coaching
- Nutrition Counseling
- Sports Nutrition
- Supplements
- Lifestyle Coaching

Health & Medicine:

- Exercise Physiology
- Musculoskeletal
- Sports Injuries
- Rehabilitation
- Injury Prevention
- Sports Medicine
- Physical Therapy

Soft Skills:

- Operant Conditioning
- Kinesiology
- Stress Management
- Lifestyle
- Weight Management
- Core Strength
- Endurance
- Functional Medicine