

## 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