

Professional Summary

Results-driven Health & Fitness Specialist with 5+ years of experience in promoting healthy lifestyles, exercise prescription, and fitness evaluation. Proven track record of delivering successful wellness programs and metabolic testing. Seeking to leverage my expertise as a senior leader in the health and fitness industry.

Professional Experience

Senior Health & Fitness Specialist (HF10)

Inazuma.co | January 2020 - Present

Health & Fitness Specialist

Aquila | August 2018 - December 2019

Key Achievements:

- Developed and executed a 12-week fitness program, resulting in a 30% increase in client engagement
- Conducted metabolic testing for over 500 clients, providing personalized fitness recommendations

Responsibilities:

- Designed and led group fitness classes for diverse age groups
- Conducted one-on-one fitness consultations and created customized workout plans

Fitness Instructor

FitZone Gym | June 2016 - July 2018

Key Achievements:

- Increased class attendance by 25% through innovative marketing strategies
- Assisted in the development of a new group fitness program, 'FitZone Frenzy'

Responsibilities:

- Taught various group fitness classes, including yoga, Pilates, and cardio kickboxing
- Provided support to personal training clients in achieving their fitness goals

Fitness Assistant

University of North Georgia Recreation Center | January 2015 - May 2016

Key Achievements:

- Assisted in the organization of the annual 'Dawg Dash' 5K run, attracting over 1,000 participants
- Developed and implemented a fitness workshop series for students, focusing on stress management and wellness

Responsibilities:

- Conducted fitness assessments and provided guidance on exercise techniques
- Maintained the recreation center's fitness equipment and ensured a safe workout environment

Education

Bachelor of Science in Kinesiology
University of North Georgia | August 2018

Technical Skills

Fitness Evaluation and Prescription:

- Exercise program design
- Fitness assessments (body composition, cardiovascular endurance, muscular strength and endurance)
- Metabolic testing (VO2 max, RMR)

Group Fitness Instruction:

- Yoga
- Pilates
- Cardio kickboxing
- High-intensity interval training (HIIT)

Software and Technology:

- ACE Fitness Management Software
- Fitness tracking apps (MyFitnessPal, Fitbit Coach)
- Microsoft Office Suite (Word, Excel, PowerPoint, Outlook)