

# 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