

**Certifications:** ACE Certified Personal Trainer, Also train small groups for specific training for a certain sport.  
Valid CPR & AED certification from Health & Safety Solutions U.K. from Dubai, U.A.E.

**Education:** Masters in Design, M.Des from world's prestigious Indian Institute of Technology, Bombay, India.  
Currently studying for another prestigious certification in nutrition from Precision Nutrition, Canada.

Well versed with LES MILLS group classes: Body Pump, Body Combat, Body Attack, Body Balance & RPM  
Yoga & Pilates. (Not certified)

Currently studying for Precision Nutrition, a prestigious Sports and exercise nutrition certification by  
Dr. James Berrardi, Canada. And Crossfit Level 1 certification from U.S.A.

In the process of studying for Trigger Point certifications U6 and Smart Core. Useful in improving muscular  
balance, strength and rehab. The most popular and scientific therapy for myofascial release in the sporting world.

Well trained with Functional Training tools namely TRX, ViPR, Kettle Bells, BOSU, XLR8,  
Swiss Ball & Medicine Ball

**Strengths:** **Client Interview and Assessment**

Can assess client attitudes, preferences, motivations, and readiness for behavior change using questionnaires  
and interviews to set appropriate program goals and to identify potential barriers and unrealistic expectations.

Able to conduct appropriate baseline assessments (e.g., posture, function, cardiorespiratory fitness, muscular  
strength and endurance, flexibility, body composition, heart rate, blood pressure, diet, lifestyle) based on the  
client interview, questionnaire information, and standardized protocols to establish a safe, effective exercise  
program and to track changes over time.

Can establish rapport and program value using effective communication and listening techniques to build trust,  
confidence, and enthusiasm and to maximize program participation.

Able to obtain health and exercise history and lifestyle information (e.g., nutrition habits, activity) using  
questionnaires, interviews, and available documents to determine risk stratification, to identify the need for  
medical clearance and referrals, and to facilitate program design.

**Program Design and Implementation**

Apply appropriate exercise principles (e.g., frequency, intensity, duration, type) for cardiorespiratory fitness,  
muscular strength and endurance, and flexibility using current standards and appropriate techniques to develop  
a safe and effective exercise program.

Establish specific client goals using the interpretation of interview and assessment results and current standard to provide program direction. Implement appropriate lifestyle modification strategies (e.g., stress management nutrition, smoking cessation) using industry standards and best practices to improve quality of life and goal attainment.

Incorporate functional exercise (e.g., balance, agility, core) in accordance with scientific research to improve movement efficiency, activities of daily living, and overall physical performance.

Interpret the results of the client interview and assessment by evaluating responses and data to facilitate goal setting and the design of a safe and effective exercise and lifestyle program.

Promote program adherence by applying the principles of motivation to maintain interest in physical activity and achievement of program goals.

Teach safe and effective techniques using a variety of methods and resources to attain desired results and to promote lifestyle modification.

### **Program Progression, Modification, and Maintenance.**

Able to evaluate ongoing progress using assessments, current standards, observation, and client feedback and performance to provide program direction and to optimize program adherence.

Identify lapses and barriers to success by reassessing baseline measures and evaluating compliance to redefine goals and to modify the program.

Implement progressions to the client's program as appropriate using established methods and techniques to facilitate goal achievement and long-term compliance.

Modify program goals using appropriate educational and motivational techniques to improve compliance and awareness of the benefits of physical activity and a healthful lifestyle.

### **Professional Role and Responsibilities**

Understanding of risk management strategies in accordance with recognized guidelines (e.g., IHRSA, ACE, ACSM, OSHA, NSCA, state laws) to protect the client, personal trainer, and other relevant parties.

Document client-related data, communications, and progress using a secure record keeping system in accordance with legal requirements (e.g., HIPAA, FERPA) to maintain continuity of care and to minimize liability.

Exercise leadership by providing direction, motivation, and education and by modeling exemplary behavior to establish an environment for client success and to promote wellness in the community.

Maintain a professional trainer-client relationship by adhering to legal requirements, professional boundaries, and standards of care and by operating within the scope of practice, as defined in the ACE Code of Ethics, to protect the client and to limit liability.

Maintain an environment of continual safety by upholding industry standards to reduce the risk of injury and liability.

Maintain competence and professional growth by staying current with scientifically based research, theories, and practices to provide safe and effective services for clients, the public, and other health professionals.

Participate as a member of a referral network by identifying professional contacts and community resources to ensure the highest quality of service for clients.

Treat all individuals with respect, empathy, and equality regardless of weight, appearance, ethnicity, nationality, sexual orientation, gender, age, disability, religion, marital status, socioeconomic status, and health status to maintain integrity in all professional relationships.

**Work Experience:** Training clients on 1:1 and in small groups. Clients include teenagers, males and females in 20's, 30's 40's and 50's of multicultural backgrounds. Tailor made programs for each client along with Nutritional guidance for improvement in health, strength, mobility, flexibility, power, endurance, balance and accuracy.

Specialize in Advertising & marketing in a wide range of product and services.

Understand fitness and marketing.

Developed brand Identity for "MEFITPRO" recently and streamlined their brand continuation concept and advertising strategy.

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**References:** Can be provided upon request. Certificates can be provided upon request.