|  |  |  |
| --- | --- | --- |
| BA **Objective** I create weight loss, nutrition, and fitness programs for young people, teens, adults, and senior citizens that are fun, safe, extremely effective, and customized to fit individual needs/goals. I’m a dedicated fitness professional with a passion for improving client health, wellness, and quality of life. **Skills**   * Client Goal-Setting & Motivation * 1-on-1 Personal Training * Group Fitness Instruction  **Hobbies and Interests**  * Cross-Training * Fitness Fission * Pilates | |  | | --- | | **Britney Atkinson**Multi-Certified Personal Trainer | atkinson.britney@gmail.com |  **Experience** Personal Trainer | Group Fitness Instructor – ABC Department of Parks & Recreation — Sometown, OR **– Proactive, customer-orientated**   * Guided clients through safe workouts modified to their fitness levels and medical considerations * Custom-designed exercise, nutrition, and strength/conditioning programs * Built a strong client base with 99% repeat business   **Personal Trainer** — DEFUniversity — 2012 to 2016   * Developed the university fitness center’s first preventive-maintenance program for gym equipment * Ranked #1 for highest number of client bookings 3 years in a row. * Empowered university student clients to take control of their eating  **EDUCATION**  * International Fitness Professionals Association, 2011 to Present * International Fitness Professionals Association, 2012 to Present * American Red Cross, 2013 to Present  **Certificates**  * ACE-Certified Health Coach * Certified Pilates Instructor * IFPA-Certified Personal Tr |