Ted C. Bell

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A creative problem solver with a keen ability to assess client needs and to develop and implement solutions to help them achieve their goals. I wish to apply the skills that I developed as a personal trainer to creating websites that meet and exceed my client's needs. Skilled at taking web design mockups and making them functional for the web.

Technology Proficiencies

- JavaScript
- Git
- Microsoft Office
- JavaScript
- HTML
- CSS
- jQuery
- AngularJS
- Ruby
- Bootstrap

Experience

Master Personal Trainer / L.A. Fitness Toledo, OH

Personal Trainer in the great Toledo area, serving 150 clients over the past six years. In 2014 was promoted to Master Trainer.

- Assess, implement, and execute customized strategy for each client
- Mentor incoming personal trainers and assist them in acclimating to L.A. Fitness culture, processes, procedures, and sales techniques
- Analyze complex client goals and develop a personalized solution
- Catalogue progression, challenges, and future strategy for each individual client, adjusting timelines and goals accordingly with external forces
- Promoted to Master Trainer in 2014

Intern / Bowling Green State University Strength and Conditioning Department, Bowling Green, OH

Assisted Division 1 collegiate-level coaching staff with strength and conditioning workouts for athletes in multiple sports. Program required that I understand the dynamics required in each sport and apply the necessary training to benefit the athletes. Adaptability to follow instructions, take poor instructions, and make it happen within a time crunch

Catering / Toledo Zoological Society, Toledo, OH

Responsible for set up and tear down as well as management of catered Zoo events that could include banquets, picnics, weddings, special member events, public events, concerts and other catered events.

Education

Full Stack Developer Track / Bloc

Six-month Full Stack Developer training program under the supervision of a senior engineer.

Web Design Certificate / Owens Community College, Toledo, OH

Learned the fundamentals of web design, layout, and coding.

Bachelor of Science / Bowling Green State University, Bowling Green, OH

Class concentrated in ACSM focused health management.