

HEATHER HEALTH

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OBJECTIVE

To obtain a corporate wellness position with a focus on fitness assessment and program development.

EDUCATION

Iowa State University Ames, Iowa
Bachelor of Science, Kinesiology and Health May 20XX
GPA: 3.1/4.0

Relevant Coursework: Principles of Fitness Assessment and Exercise Prescription, Worksite Health Promotion, Exercise Physiology, Leadership Techniques for Fitness Programs

CERTIFICATIONS AND FITNESS ASSESSMENT SKILLS

Certifications: CPR, AED, and First Aid

Assessment Skills: Body Composition, Flexibility, Muscle Strength and Endurance, and Blood Pressure

WELLNESS EXPERIENCE

XYZ Senior Center City, State
Wellness Assistant May 20XX – Present

- Lead a variety of fitness classes for up to 50 residents
- Create informational boards on various health topics to educate residents
- Write articles for monthly newsletter on health and exercise topics

XYZ Company City, State
Wellness Intern January – May 20XX

- Developed and led personal training sessions for wellness members
- Familiarized new employees with the fitness center and equipment
- Conducted individual health assessments for over 50 members
- Instructed various levels of exercise classes to participants in order to facilitate weight loss and enhance strength training, flexibility and endurance
- Coordinated promotional corporate event for over 100 people

ADDITIONAL EXPERIENCE

XYZ Bank City, State
Bank Teller May 20XX – Present

- Provide banking assistance and information to customers
- Work cooperatively with bank employees
- Balance daily transactions
- Maintain customer confidentiality

VOLUNTEER WELLNESS ACTIVITIES

- ISU Exercise Clinic, City, State August – December 20XX
- Skilled Care, XYZ Hospital, City, State, August – December 20XX
- Walking School Bus Program for Elementary Students, City, State January – October 20XX

LEADERSHIP AND CAMPUS INVOLVEMENT

XYZ Sorority
▪ Panhellenic Delegate August 20XX – April 20XX
▪ Alumni Relations Committee August 20XX – April 20XX

Kinesiology and Health Club, Active Member August 20XX – Present
American College of Sports Medicine, Active Member August 20XX – Present