## Personal Trainer Sample 2

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### A. Summary

Very energetic Personal Trainer and Fitness Instructor, both individual and group, with a strong background concerning Pilates, Yoga, Kangoo Jumps, running, weights, as well as dance instructions. Highly motivated when it comes to helping others reaching their fitness as well as their health goals. Promotes coping methods and activities that help clients transform their unhealthy habits into healthy ones that can help both their bodies and their minds.

### B. Working Experience

* **April 2013 – Present – Studio 68 Fitness & Yoga Center, Statesboro, Georgia**

**Responsibilities**: Design each course so that it is in accordance with the attendants’ skills and ability to learn. Prepare the teaching and working out area for every class. Return the used equipment to the storage room when the class is finished. Monitor both the attendance to every class as well as size, so as to gauge promotions and their effectiveness. Promote the studio’s services, classes, products, and programs to all participants. Attend meetings with the owners of the studio to brainstorm ideas for new classes and programs. Maintain my own optimal physical condition, so as to be of better services to the patrons as well as serve as an inspiration. Work one on one with special clients if they requested personal services from the studio.

**Achievements**: Reorganized all the personal training programs that were being used by the other personal trainers in the company and reduced the time needed to get the same results by introducing or devising new exercises and routines. I received the Trainer of the Month Award 6 times, in three different years, 2014, 2015, and 2016 from the Fitness and Training Academy in Georgia.

### C. Education and Academic Training

* An ACSM fitness and health instructor
* Certified Group Exercise Instructor
* Certifications for both First Aid and CPR
* Certification for ACE Group Fitness

### D. Job Related Skills

* Able to conduct body fat analysis
* Skilled in giving nutritional counseling
* Able to develop individual fitness programs for every client, based on their needs
* Effective in teaching and training the clients how to work out by showing them how the machines work and how to perform the exercises correctly so as not to injure themselves
* Very good at monitoring the patrons while they perform their exercises and routines.
* Vast experience in providing advice when it comes to nutrition, health, and lifestyle to patrons who want to change their habits and become healthier and fitter.
* Able to implement the safety routines inside the facility
* Competent when it comes to devising new exercises to help the clients.

### E. General Skills

* Friendly
* Enthusiastic
* Able to create a positive environment
* Healthy and fit image that will inspire the clients
* Willing to make house calls
* Able to work over time, during the weekends or holidays.