



# Michael ANDERSON

## DIRECTOR OF INCLUSIVE FITNESS PROGRAMS

Dedicated and passionate Director of Fitness and Wellness with extensive experience in promoting physical activity and healthy lifestyles. Over 15 years of experience in designing and implementing fitness programs that cater to diverse populations, including seniors and individuals with disabilities. Known for fostering an inclusive environment that encourages participation from all community members.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Inclusive Program Design
- Community Engagement
- Grant Writing
- Adaptive Fitness
- Team Training
- Health Advocacy

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF SCIENCE IN KINESIOLOGY,  
UNIVERSITY OF INCLUSIVE HEALTH;  
BACHELOR OF ARTS IN PHYSICAL  
EDUCATION, COLLEGE OF FITNESS**

### ACHIEVEMENTS

- Increased participation in inclusive programs by 60% at Empower Health Foundation.
- Recognized with the 'Champion of Inclusion' award in 2021.
- Successfully launched a senior fitness initiative that improved health outcomes for over 300 participants.

### WORK EXPERIENCE

#### DIRECTOR OF INCLUSIVE FITNESS PROGRAMS

Empower Health Foundation

2020 - 2025

- Developed and executed fitness programs tailored for individuals with disabilities.
- Conducted outreach to underrepresented communities, increasing program participation by 40%.
- Secured grants totaling \$200,000 to fund inclusive wellness initiatives.
- Trained staff on adaptive fitness techniques to ensure program accessibility.
- Collaborated with local organizations to promote health equity.
- Monitored participant progress and adjusted programs based on feedback.

#### FITNESS PROGRAM DIRECTOR

Active Aging Center

2015 - 2020

- Designed fitness programs specifically for senior populations, enhancing mobility and strength.
- Implemented health screenings and wellness assessments for participants.
- Organized community events to promote active aging, increasing engagement by 35%.
- Trained volunteers to assist with program delivery.
- Collaborated with healthcare professionals to ensure comprehensive care.
- Evaluated program outcomes and reported findings to stakeholders.