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## SKILLS

- geriatric fitness
- rehabilitation
- functional assessment
- fall prevention
- community outreach
- program monitoring

## EDUCATION

**MASTER OF SCIENCE IN GERIATRIC HEALTH, UNIVERSITY OF AGING**

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Increased participation in senior fitness programs by 30% within one year.
- Developed a fall prevention program that reduced incidents by 15%.
- Awarded 'Best Practices in Senior Health' by the National Geriatric Association.

# Michael Anderson

## GERIATRIC EXERCISE PHYSIOLOGIST

Highly skilled exercise physiologist with a background in geriatric exercise and rehabilitation. Specializes in developing exercise interventions tailored to the unique needs of older adults, enhancing mobility and quality of life. Proven success in conducting functional assessments and implementing safe, effective exercise programs that address age-related health concerns. Strong advocate for promoting physical activity among seniors, with a focus on preventing falls and improving overall health outcomes.

## EXPERIENCE

### GERIATRIC EXERCISE PHYSIOLOGIST

Senior Wellness Center

2016 - Present

- Developed and implemented exercise programs tailored for older adults.
- Conducted functional fitness assessments to identify individual needs.
- Monitored participants' progress and adjusted programs accordingly.
- Collaborated with healthcare providers to ensure comprehensive care.
- Facilitated group classes focusing on strength, flexibility, and balance.
- Engaged in community outreach to promote senior fitness and wellness.

### EXERCISE REHABILITATION SPECIALIST

Elder Care Rehabilitation

2014 - 2016

- Provided individualized exercise prescriptions for rehabilitation of elderly patients.
- Monitored vital signs and adjusted exercise intensities as necessary.
- Developed educational resources on safe exercise practices for seniors.
- Conducted workshops on fall prevention strategies.
- Collaborated with multidisciplinary teams for holistic patient care.
- Utilized evidence-based practices to enhance program effectiveness.