



MICHAEL ANDERSON

CORPORATE WELLNESS CONSULTANT

CONTACT

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-  San Francisco, CA

SKILLS

- Corporate Wellness
- Program Evaluation
- Health Promotion
- Fitness Coaching
- Community Engagement
- Data Analysis

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF ARTS IN KINESIOLOGY,
STATE UNIVERSITY, 2014**

ACHIEVEMENTS

- Increased employee participation in wellness programs by 40% within one year.
- Developed a health initiative that won the 'Best Corporate Wellness Program' award in 2021.
- Successfully improved employee health metrics, reducing healthcare costs by 15%.

PROFILE

Innovative Fitness and Wellness Educator with a robust background in corporate wellness initiatives and community health promotion. Proficient in leveraging technology to deliver engaging fitness solutions that address the unique needs of corporate clients. Extensive experience in conducting fitness assessments and developing tailored wellness programs aimed at improving employee health and productivity.

EXPERIENCE

CORPORATE WELLNESS CONSULTANT

Wellness Works Inc.

2016 - Present

- Designed and executed wellness programs for over 20 corporate clients, improving employee well-being.
- Implemented health screening events that identified health risks for 500+ employees.
- Conducted motivational workshops that increased employee engagement by 50%.
- Analyzed program effectiveness through surveys and health metrics.
- Developed promotional materials to enhance awareness of wellness programs.
- Collaborated with HR departments to integrate wellness into employee benefits.

FITNESS COACH

Fit for Life Studio

2014 - 2016

- Trained clients in various fitness modalities, ensuring safety and effective technique.
- Created customized fitness plans based on individual assessments and goals.
- Utilized digital platforms to deliver virtual training sessions during the pandemic.
- Monitored client progress and adjusted programs as needed for optimal results.
- Organized fitness challenges that fostered community engagement and motivation.
- Achieved a 90% client goal attainment rate through persistent support.