

MICHAEL ANDERSON

Youth Fitness Coordinator

- San Francisco, CA
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Visionary Fitness and Wellness Specialist with a focus on youth fitness and development. Over 6 years of experience in creating engaging programs that promote physical activity and healthy lifestyle choices among children and adolescents. Expertise includes program design, implementation, and evaluation within school and community settings. Proven ability to collaborate with educators and parents to foster an environment that supports youth wellness.

WORK EXPERIENCE

Youth Fitness Coordinator | ActiveKids Foundation

Jan 2022 – Present

- Designed and implemented youth fitness programs that increased participation by 50%.
- Conducted fitness assessments and personalized training plans for young athletes.
- Collaborated with schools to integrate fitness into the curriculum.
- Organized community events to promote youth health and fitness.
- Utilized interactive methods to engage children in physical activities.
- Monitored program outcomes and adjusted activities based on feedback.

Fitness Instructor | Kids Active Club

Jul 2019 – Dec 2021

- Led group fitness classes tailored for children of various age groups.
- Developed engaging lesson plans that promote physical fitness and well-being.
- Educated children on the importance of a healthy lifestyle.
- Collaborated with parents to encourage active participation in fitness programs.
- Utilized games and activities to make fitness enjoyable for kids.
- Monitored participant feedback to improve class offerings.

SKILLS

youth fitness

program design

community engagement

physical education

instructional strategies

health promotion

EDUCATION

Bachelor of Science in Physical Education

2014

University of Washington

ACHIEVEMENTS

- Increased program enrollment by 50% through community outreach efforts.
- Received 'Outstanding Youth Advocate' award for contributions to children's health.
- Successfully launched a summer fitness camp that served over 100 children.

LANGUAGES

English

Spanish

French