



# MICHAEL ANDERSON

## CORPORATE WELLNESS COORDINATOR

### CONTACT

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-  San Francisco, CA

### SKILLS

- Corporate wellness
- Program implementation
- Health education
- Client engagement
- Workshop facilitation
- Data analysis

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

MASTER OF PUBLIC HEALTH,  
UNIVERSITY OF HEALTH SCIENCES

### ACHIEVEMENTS

- Reduced employee absenteeism by 15% through targeted wellness initiatives.
- Recipient of the 'Wellness Champion Award' for exceptional program development in 2021.
- Increased employee participation in wellness programs by 40% within one year.

### PROFILE

Accomplished Fitness and Wellness Trainer with a robust background in corporate wellness programs and employee health initiatives. Expertise in developing and executing comprehensive wellness strategies that improve productivity and reduce healthcare costs for organizations. Proven track record of conducting workshops and seminars that educate employees on fitness and health, fostering a culture of wellness within companies.

### EXPERIENCE

#### CORPORATE WELLNESS COORDINATOR

##### HealthPlus Solutions

2016 - Present

- Designed and implemented wellness programs for over 500 employees across multiple locations.
- Conducted health screenings and fitness assessments to establish program baselines.
- Facilitated workshops on stress management, nutrition, and physical activity.
- Collaborated with HR to integrate wellness initiatives into employee benefits.
- Utilized feedback surveys to continuously improve program offerings.
- Monitored participation rates and health outcomes to demonstrate program effectiveness.

#### FITNESS TRAINER

##### City Gym

2014 - 2016

- Conducted personalized training sessions focusing on strength and conditioning.
- Developed a client referral program that increased new memberships by 25%.
- Organized community fitness events to promote healthy living.
- Maintained accurate client records to track progress and outcomes.
- Engaged clients through social media to promote fitness challenges.
- Provided ongoing support and resources to clients to enhance their fitness journey.