



# MICHAEL ANDERSON

## CORPORATE WELLNESS MANAGER

### PROFILE

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Accomplished Fitness Manager with a robust background in corporate wellness and fitness program development. Expertise in designing comprehensive health initiatives that align with organizational goals, resulting in enhanced employee productivity and well-being. Proven ability to lead multidisciplinary teams, ensuring high standards of service and operational excellence. Strong analytical skills enable the identification of opportunities for improvement and innovation within fitness offerings.

### EXPERIENCE

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#### CORPORATE WELLNESS MANAGER

##### WellnessWorks Inc.

2016 - Present

- Developed and implemented corporate wellness programs that increased employee participation by 50%.
- Collaborated with HR to align fitness initiatives with employee benefits and wellness policies.
- Conducted health assessments and fitness evaluations to tailor programs to employee needs.
- Organized company-wide fitness challenges, fostering a culture of health and camaraderie.
- Monitored program outcomes, presenting findings to senior management to inform strategic decisions.
- Trained and mentored wellness coaches, enhancing team effectiveness.

#### FITNESS CONSULTANT

##### FitLife Solutions

2014 - 2016

- Provided expert fitness consulting services to corporate clients, enhancing workplace health initiatives.
- Designed custom fitness plans that addressed specific organizational challenges.
- Facilitated workshops on nutrition and exercise, increasing employee knowledge and engagement.
- Evaluated client programs, delivering actionable insights to improve results.
- Established key performance indicators to measure program success.
- Collaborated with marketing teams to promote wellness initiatives effectively.

### CONTACT

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### SKILLS

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- corporate wellness
- program evaluation
- employee engagement
- team collaboration
- health assessments
- strategic alignment

### LANGUAGES

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- English
- Spanish
- French

### EDUCATION

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MASTER OF PUBLIC HEALTH,  
UNIVERSITY OF WELLNESS  
MANAGEMENT

### ACHIEVEMENTS

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- Successfully improved employee health metrics by 35% through innovative wellness programs.
- Recognized as a top consultant by the Corporate Wellness Association.
- Achieved a 90% satisfaction rate from program participants in annual surveys.