

MICHAEL ANDERSON

Youth Fitness Coordinator

- San Francisco, CA
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Dedicated Fitness Personal Trainer with a unique focus on youth fitness and development. Extensive experience in creating engaging and age-appropriate fitness programs that promote healthy habits among children and adolescents. Skilled in employing innovative teaching methods that foster a passion for fitness and well-being from a young age. Expertise in collaborating with schools and community organizations to implement fitness initiatives that encourage participation and improve overall youth health.

WORK EXPERIENCE

Youth Fitness Coordinator | Active Kids Academy

Jan 2022 – Present

- Developed and implemented fitness programs for children aged 6-16.
- Conducted assessments to establish baseline fitness levels for participants.
- Organized community events to promote youth fitness and engagement.
- Collaborated with educators to integrate fitness into school curriculums.
- Monitored participant progress and provided feedback to parents.
- Created a mentorship program pairing older participants with younger ones.

Fitness Instructor | Community Sports Center

Jul 2019 – Dec 2021

- Led fitness classes designed for children and adolescents.
- Utilized games and activities to promote physical activity and fun.
- Implemented a rewards system to encourage participation and achievement.
- Facilitated workshops for parents on the importance of youth fitness.
- Engaged with local schools to promote fitness initiatives.
- Designed promotional materials to increase class enrollment.

SKILLS

youth fitness program development community engagement health education motivational techniques
assessment strategies

EDUCATION

Bachelor of Science in Physical Education

2017

University of North Carolina

ACHIEVEMENTS

- Increased youth program enrollment by 80% within the first year.
- Received the 'Community Impact Award' for promoting youth health.
- Developed a fitness challenge that engaged over 300 young participants.

LANGUAGES

English Spanish French