



# MICHAEL ANDERSON

## SENIOR WELLNESS MANAGER

### CONTACT

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- San Francisco, CA

### SKILLS

- Health Promotion
- Program Evaluation
- Partnership Development
- Employee Training
- Data Analysis
- Resource Management

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

BACHELOR OF SCIENCE IN  
KINESIOLOGY, UNIVERSITY OF FLORIDA

### ACHIEVEMENTS

- Awarded 'Best Workplace for Wellness' by the Corporate Wellness Association.
- Achieved a 60% participation rate in wellness programs within the first year.
- Successfully implemented a mental health initiative that improved employee satisfaction scores.

### PROFILE

Dynamic fitness executive known for transforming wellness programs into high-impact initiatives that drive employee well-being and corporate success. Specializes in designing holistic health strategies that encompass physical fitness, nutrition, and mental health. Adept at leveraging technology to enhance program accessibility and engagement. Proven success in building partnerships with key stakeholders to promote health initiatives.

### EXPERIENCE

#### SENIOR WELLNESS MANAGER

##### Wellness Innovations Inc.

2016 - Present

- Led the development of a comprehensive wellness program that resulted in a 35% decrease in healthcare costs.
- Utilized analytics to refine program offerings based on employee health assessments.
- Facilitated training sessions for managers on promoting wellness within their teams.
- Established a wellness ambassador program that increased peer-to-peer engagement.
- Coordinated with external vendors to provide diverse wellness resources to employees.
- Implemented a rewards system that incentivized participation in wellness activities.

#### FITNESS PROGRAM DEVELOPER

##### Corporate Health Solutions

2014 - 2016

- Created tailored fitness programs for employees, enhancing overall engagement by 50%.
- Conducted needs assessments to identify specific health challenges within the workforce.
- Organized fitness challenges that promoted teamwork and camaraderie among employees.
- Developed promotional materials to increase awareness of wellness offerings.
- Monitored participation rates and outcomes to report on program effectiveness.
- Collaborated with nutritionists to integrate healthy eating initiatives into fitness programs.