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SKILLS

- youth fitness
- senior wellness
- program design
- community outreach
- fitness assessment
- client rapport

EDUCATION

**BACHELOR OF SCIENCE IN EXERCISE
PHYSIOLOGY, UNIVERSITY OF TEXAS,
2011**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased youth program participation by 50% in one year.
- Recognized for excellence in senior fitness training by the Senior Fitness Association in 2022.
- Successfully organized community fitness fairs that promoted health awareness.

Michael Anderson

YOUTH FITNESS SPECIALIST

Experienced and passionate Head Personal Trainer with a focus on youth and senior fitness. Over 10 years in the fitness industry, specializing in tailored training programs that cater to youth and older adults. Proven ability to assess individual fitness levels and create programs that promote health, strength, and mobility. Strong communicator, capable of building rapport with clients of all ages, ensuring a supportive and motivating training environment.

EXPERIENCE

YOUTH FITNESS SPECIALIST

Active Youth Gym

2016 - Present

- Designed age-appropriate fitness programs for children and teens.
- Implemented safety protocols to ensure a secure training environment.
- Conducted fitness assessments to track youth development.
- Organized community outreach programs promoting youth fitness.
- Collaborated with schools to provide fitness education.
- Maintained records of participant progress and engagement.

SENIOR FITNESS TRAINER

Golden Years Gym

2014 - 2016

- Developed fitness programs focusing on mobility and strength for seniors.
- Conducted assessments to determine appropriate fitness levels.
- Facilitated group classes tailored for older adults.
- Provided education on health and wellness for senior clients.
- Maintained a safe and supportive environment for all participants.
- Engaged with families to promote health initiatives.