

MICHAEL ANDERSON

Senior Fitness HIIT Trainer

- San Francisco, CA
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Proactive and highly organized HIIT Personal Trainer specializing in senior fitness and rehabilitation. Focused on enhancing the quality of life for older adults through tailored HIIT programs that address mobility, strength, and overall wellness. Expertise in developing safe and effective exercise routines that accommodate the unique needs of seniors. Strong communicator skilled in building trust and rapport with older clients, ensuring a supportive and encouraging training environment.

WORK EXPERIENCE

Senior Fitness HIIT Trainer | Golden Years Wellness Center

Jan 2022 – Present

- Designed HIIT programs focused on improving mobility and strength in seniors.
- Conducted health assessments to tailor fitness plans to individual needs.
- Collaborated with healthcare professionals to ensure program safety.
- Implemented group sessions that fostered community and support.
- Educated clients on the benefits of physical activity for aging well.
- Achieved a significant increase in client mobility metrics over six months.

Rehabilitation Fitness Coach | Active Seniors Gym

Jul 2019 – Dec 2021

- Led rehabilitation-focused HIIT classes for seniors recovering from injuries.
- Developed customized training plans that prioritized safety and recovery.
- Monitored client progress and adjusted workouts accordingly.
- Organized community health events to promote senior fitness.
- Provided educational resources on safe exercise practices.
- Increased client engagement in fitness activities by 35% within a year.

SKILLS

Senior Fitness

Rehabilitation

Mobility Training

Health Education

Community Engagement

Safety Protocols

EDUCATION

Bachelor of Science in Exercise Science

2018

University of Aging Studies

ACHIEVEMENTS

- Recognized for enhancing the quality of life for clients through fitness.
- Successfully increased senior participation in fitness programs by 40%.
- Developed a 'Senior Fitness Day' that attracted over 150 attendees.

LANGUAGES

English

Spanish

French