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SKILLS

- pediatric fitness
- program design
- family engagement
- motivational techniques
- community outreach
- health education

EDUCATION

**BACHELOR OF SCIENCE IN KINESIOLOGY,
UNIVERSITY OF CHILD HEALTH, 2017**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased children's participation in fitness programs by 60% over two years.
- Recognized for Excellence in Child Fitness by the National Association of Pediatric Trainers.
- Successfully implemented a school fitness program that reached over 200 students.

Michael Anderson

PEDIATRIC PERSONAL CARE TRAINER

Dedicated Personal Care Trainer with a specialization in pediatric fitness, committed to fostering healthy lifestyle habits in children and adolescents. Extensive experience in designing age-appropriate fitness programs that promote physical activity and well-being among young clients. Proven ability to create engaging and fun training environments that motivate children to be active.

EXPERIENCE

PEDIATRIC PERSONAL CARE TRAINER

Active Kids Academy

2016 - Present

- Developed engaging fitness programs tailored to children's developmental stages.
- Conducted assessments to determine individual fitness levels and needs.
- Organized fun group activities that promote teamwork and social skills.
- Collaborated with parents to set achievable fitness goals for their children.
- Utilized positive reinforcement techniques to encourage participation.
- Maintained records of children's progress and adapted programs accordingly.

PERSONAL CARE TRAINER

Youth Fitness Center

2014 - 2016

- Designed fitness programs for children and adolescents focused on fun and engagement.
- Led classes that incorporated games and challenges to promote physical activity.
- Educated families on the importance of physical fitness and nutrition.
- Monitored participant progress and adjusted programs to maximize engagement.
- Collaborated with schools to promote fitness initiatives.
- Organized community events to raise awareness about children's health.