



# Michael ANDERSON

## CORPORATE WELLNESS TRAINER

Strategic Personal Training Educator specializing in corporate wellness programs and group fitness training. Proven ability to align fitness initiatives with organizational goals to enhance employee well-being and productivity. Expertise in conducting assessments and designing programs that cater to diverse workplace environments. An effective communicator and facilitator, capable of engaging large groups and fostering a culture of health and wellness within organizations.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- corporate wellness
- group fitness
- program evaluation
- employee engagement
- communication
- health education

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF ARTS IN HEALTH PROMOTION, UNIVERSITY OF WELLNESS**

### ACHIEVEMENTS

- Recognized for outstanding contribution to employee wellness by the Corporate Health Association in 2022.
- Increased participation in wellness programs by 40% year-over-year.
- Developed a comprehensive wellness guide adopted by multiple organizations.

### WORK EXPERIENCE

#### CORPORATE WELLNESS TRAINER

Health First Solutions

2020 - 2025

- Designed and implemented corporate wellness programs for over 10 major companies.
- Conducted health assessments and fitness evaluations for employees regularly.
- Facilitated group fitness classes, enhancing employee participation by 60%.
- Developed educational materials on health and wellness, distributed to over 5,000 employees.
- Implemented feedback mechanisms to continuously improve program offerings.
- Achieved a 30% increase in employee satisfaction scores related to wellness initiatives.

#### GROUP FITNESS INSTRUCTOR

Community Fitness Center

2015 - 2020

- Led group fitness classes with an average attendance of 25 participants per session.
- Created engaging lesson plans that incorporated various fitness modalities.
- Utilized participant feedback to refine class offerings and increase retention.
- Collaborated with local businesses to sponsor community fitness events.
- Achieved a participant satisfaction rate of over 95% through dynamic instruction.
- Organized fitness challenges that fostered camaraderie among participants.