

MICHAEL ANDERSON

Geriatric Exercise Physiologist

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Compassionate Physiologist with over 5 years of experience in geriatric rehabilitation and wellness. Specializing in creating exercise programs tailored for older adults, focusing on improving mobility, strength, and overall health. Proven ability to assess individual capabilities and design interventions that promote independence and quality of life. Strong advocate for preventive health measures and lifestyle modifications.

WORK EXPERIENCE

Geriatric Exercise Physiologist | Golden Years Wellness Center

Jan 2022 – Present

- Developed and implemented individualized exercise programs for seniors, focusing on strength and balance.
- Conducted regular assessments to monitor progress and adjust programs as needed.
- Educated clients and families on the benefits of exercise and healthy living.
- Coordinated group exercise classes to foster social interaction among participants.
- Collaborated with healthcare providers to ensure comprehensive care for clients.
- Achieved a 90% client retention rate through effective program delivery and support.

Rehabilitation Specialist | ElderCare Services

Jul 2019 – Dec 2021

- Assisted in the development of rehabilitation plans for elderly clients recovering from injuries.
- Monitored and recorded client progress, providing feedback to the healthcare team.
- Conducted workshops on fall prevention and safe exercise practices for seniors.
- Promoted community resources for seniors to maintain physical activity levels.
- Increased awareness about senior health issues through community engagement initiatives.
- Facilitated partnerships with local organizations to enhance service offerings for seniors.

SKILLS

Geriatric rehabilitation Exercise program design Client education Assessment Community engagement

Collaboration

EDUCATION

Bachelor of Science in Kinesiology

University of Gerontology

Senior Health Focus

ACHIEVEMENTS

- Initiated a community fitness program for seniors that increased participation by 50% over two years.
- Recognized for excellence in geriatric care by the National Geriatrics Association in 2021.
- Developed educational resources on senior health that were adopted by local healthcare providers.

LANGUAGES

English Spanish French