



MICHAEL ANDERSON

GERIATRIC REHABILITATION TRAINER

PROFILE

Dedicated Rehabilitation Personal Trainer with a specialization in geriatric fitness, adept at implementing programs that enhance the quality of life for older adults. Possesses a profound understanding of the physical and psychological challenges faced by this demographic. Employs a compassionate approach combined with evidence-based practices to facilitate safe and effective rehabilitation.

EXPERIENCE

GERIATRIC REHABILITATION TRAINER

Golden Years Fitness

2016 - Present

- Designed specialized fitness programs for seniors, focusing on balance, strength, and mobility.
- Conducted assessments to evaluate physical capabilities and tailor training sessions accordingly.
- Led group exercise classes aimed at improving social interaction among participants.
- Collaborated with healthcare providers to integrate physical therapy goals into fitness plans.
- Monitored clients' progress and adjusted programs based on individual needs and feedback.
- Educated clients on safe exercise practices to prevent falls and injuries.

FITNESS COACH

Senior Wellness Group

2014 - 2016

- Implemented low-impact exercise programs tailored for older adults recovering from surgery.
- Conducted regular fitness evaluations to track progress and adapt training regimens.
- Facilitated workshops on nutrition and wellness for older populations.
- Provided emotional support and motivation to clients, fostering a positive training environment.
- Collaborated with nutritionists to develop holistic wellness plans for clients.
- Organized community events to promote physical fitness among seniors.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Geriatric Fitness
- Program Design
- Client Engagement
- Group Training
- Progress Monitoring
- Nutrition Awareness

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN
KINESIOLOGY, UNIVERSITY OF
WELLNESS

ACHIEVEMENTS

- Increased participation in senior fitness programs by 40% over two years.
- Received the Excellence in Service Award for outstanding contributions to senior health.
- Developed a fall prevention program that reduced incidents by 25% among participants.