



# MICHAEL ANDERSON

## REHABILITATION FITNESS SPECIALIST

### CONTACT

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### SKILLS

- Rehabilitation Exercise
- Program Design
- Client Motivation
- Health Education
- Interdisciplinary Collaboration
- Progress Tracking

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF SCIENCE IN EXERCISE SCIENCE, UNIVERSITY OF WELLNESS, 2015**

### ACHIEVEMENTS

- Improved client mobility scores by an average of 25% over six months.
- Recognized as 'Employee of the Year' in 2020 for outstanding contributions.
- Successfully led a client recovery initiative that reduced hospital readmission rates by 15%.

### PROFILE

A dedicated and experienced Senior Citizen Fitness Trainer specializing in rehabilitation and therapeutic exercise for elderly clients. Possesses extensive knowledge of physical therapy principles and a strong background in creating safe, effective, and enjoyable fitness programs tailored to the unique needs of seniors. Expertise in assessing physical limitations and designing programs that promote recovery, strength, and flexibility.

### EXPERIENCE

#### REHABILITATION FITNESS SPECIALIST

##### Senior Wellness Rehabilitation Center

*2016 - Present*

- Conducted comprehensive assessments to determine clients' physical capabilities and limitations.
- Developed customized rehabilitation programs in collaboration with physical therapists.
- Monitored client progress and adjusted programs based on individual recovery goals.
- Educated clients on safe exercise practices to prevent injury during workouts.
- Facilitated support groups that encouraged peer interaction and emotional well-being.
- Implemented motivational strategies to boost client engagement in their fitness journey.

#### SENIOR FITNESS TRAINER

##### Elderly Care Fitness Program

*2014 - 2016*

- Designed group exercise programs focusing on balance, coordination, and strength.
- Utilized feedback to adapt classes to meet the evolving needs of participants.
- Organized wellness workshops on topics such as fall prevention and nutrition.
- Collaborated with local health organizations to promote community fitness events.
- Tracked client attendance and outcomes to evaluate program effectiveness.
- Provided one-on-one training sessions to clients with specific rehabilitation goals.