



Michael ANDERSON

GERIATRIC FITNESS CONSULTANT

CONTACT

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SKILLS

- Geriatric Fitness
- Program Evaluation
- Data Analysis
- Community Outreach
- Client Education
- Safety Protocols

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF ARTS IN GERONTOLOGY,
UNIVERSITY OF AGING STUDIES, 2014**

ACHIEVEMENTS

- Increased program participation by 35% through targeted marketing initiatives.
- Recognized for excellence in service delivery with the 'Senior Health Champion' award.
- Successfully implemented a new tracking system that improved client feedback collection.

A results-driven Senior Citizen Fitness Trainer with a strong background in geriatric fitness and wellness programming. Expertise in developing and implementing fitness strategies that cater specifically to the aging population, ensuring safety and effectiveness. Demonstrates an analytical approach to fitness, utilizing data-driven assessments to tailor programs that optimize health outcomes. Proven track record of enhancing the physical fitness of seniors through evidence-based practices and innovative training methods.

WORK EXPERIENCE

GERIATRIC FITNESS CONSULTANT

Senior Health Solutions

2020 - 2025

- Conducted detailed assessments to evaluate clients' fitness levels and health conditions.
- Collaborated with healthcare providers to design safe and effective fitness programs.
- Monitored client progress and adapted programs based on specific health metrics.
- Implemented workshops focused on the benefits of physical activity for seniors.
- Utilized technology to track client progress and enhance engagement.
- Provided ongoing education on injury prevention and safe exercise practices.

SENIOR FITNESS SPECIALIST

Active Living Senior Center

2015 - 2020

- Developed and led fitness programs targeting strength, balance, and flexibility.
- Utilized adaptive techniques to ensure inclusivity for all fitness levels.
- Organized community fitness events to promote active aging.
- Monitored attendance and participation rates to assess program effectiveness.
- Implemented feedback systems to continuously improve program offerings.
- Collaborated with local health professionals to enhance program content.