



# MICHAEL ANDERSON

## Community Fitness Coordinator

A compassionate and results-oriented Senior Citizen Fitness Trainer with a strong focus on community building and social wellness. Expertise in creating inclusive fitness programs that promote not only physical health but also social interaction among seniors. Recognizes the importance of companionship and emotional support in the fitness journey, facilitating programs that foster friendships and community ties.

### WORK EXPERIENCE

#### Community Fitness Coordinator 2020-2023

Seniors Together Fitness Hub

- Designed community fitness programs that emphasized social interaction and engagement.
- Facilitated group activities that promoted friendship and support among participants.
- Organized health fairs and social events to connect seniors with local resources.
- Monitored client attendance and participation to evaluate program success.
- Collaborated with local businesses to sponsor community wellness initiatives.
- Provided ongoing support and encouragement to clients in their fitness journeys.

#### Senior Fitness Instructor 2019-2020

Active Community Senior Center

- Led inclusive fitness classes designed for seniors of all abilities.
- Utilized group dynamics to enhance the fitness experience for participants.
- Organized social outings and events to foster community among clients.
- Provided personalized guidance to clients to support their individual fitness goals.
- Maintained records of client progress to ensure accountability and motivation.
- Collaborated with healthcare providers to ensure safe exercise practices.

### ACHIEVEMENTS

- Increased client participation in community programs by 50% through effective outreach.
- Received 'Community Impact Award' for outstanding service in 2022.
- Successfully organized a series of social events that enhanced client relationships.

### CONTACT

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### EDUCATION

#### Bachelor of Science in Social Work

University of Community Wellness  
2015

### SKILLS

- Community Engagement
- Social Wellness
- Program Development
- Group Facilitation
- Client Support
- Event Planning

### LANGUAGES

- English
- Spanish
- French