



Michael

ANDERSON

CORPORATE WELLNESS COACH

Dynamic Senior Coach with extensive experience in corporate wellness and fitness coaching. Over 8 years of experience in designing and implementing training programs that enhance employee health and productivity. Expertise in creating engaging workshops that promote physical fitness and mental well-being in corporate environments. Known for fostering a culture of wellness that encourages employee participation and community building.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- corporate wellness
- fitness training
- program development
- employee engagement
- health assessments
- nutrition education

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN EXERCISE
SCIENCE, HEALTH UNIVERSITY**

ACHIEVEMENTS

- Increased employee participation in wellness programs by 50%.
- Recognized as Employee Wellness Coach of the Year in 2022.
- Successfully improved overall employee health metrics by 20%.

WORK EXPERIENCE

CORPORATE WELLNESS COACH

Health First Consulting

2020 - 2025

- Developed and implemented corporate fitness programs for over 200 employees.
- Conducted health assessments to tailor wellness plans.
- Organized monthly fitness challenges to encourage participation.
- Facilitated workshops on stress management and healthy living.
- Collaborated with HR to integrate wellness initiatives into company culture.
- Utilized feedback to continuously improve program offerings.

FITNESS TRAINER

City Fitness Center

2015 - 2020

- Designed group fitness classes that cater to diverse skill levels.
- Provided personal training sessions focused on individual goals.
- Monitored client progress and adjusted training plans accordingly.
- Conducted nutritional workshops to educate clients on healthy eating.
- Promoted community fitness events to increase engagement.
- Utilized social media to enhance program visibility and attract new clients.