



MICHAEL ANDERSON

REHABILITATION FITNESS SPECIALIST

CONTACT

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-  San Francisco, CA

SKILLS

- rehabilitative exercise
- injury prevention
- client education
- assessment techniques
- collaborative care
- program development

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN KINESIOLOGY, UNIVERSITY OF FLORIDA, 2015

ACHIEVEMENTS

- Improved client recovery times by an average of 20% through targeted interventions.
- Honored with 'Outstanding Service Award' at Active Recovery Clinic in 2021.
- Conducted a successful workshop on fitness for chronic illness management attended by over 100 participants.

PROFILE

Accomplished Senior Fitness Coach with a strong focus on rehabilitative and corrective exercise methodologies. Extensive experience in working with clients recovering from injuries or managing chronic conditions, offering tailored fitness solutions that prioritize safety and efficacy. Expertise in developing comprehensive programs that address individual physical limitations while promoting functional movement patterns.

EXPERIENCE

REHABILITATION FITNESS SPECIALIST

Active Recovery Clinic

2016 - Present

- Designed rehabilitation programs for clients post-injury, focusing on gradual progression.
- Conducted assessments to determine physical capabilities and limitations.
- Collaborated with physical therapists to ensure comprehensive care.
- Implemented corrective exercises to address muscular imbalances.
- Educated clients on safe exercise practices to prevent re-injury.
- Monitored client progress through regular assessments and feedback sessions.

SENIOR FITNESS INSTRUCTOR

FitLife Wellness Center

2014 - 2016

- Led group fitness classes emphasizing low-impact exercises for diverse populations.
- Developed educational materials on fitness for clients with chronic conditions.
- Implemented a wellness program that increased participation in fitness activities.
- Utilized client assessments to tailor group classes to varying skill levels.
- Maintained a safe and supportive environment for all participants.
- Trained new staff on rehabilitative coaching techniques.