



Michael ANDERSON

CORPORATE WELLNESS COORDINATOR

Innovative Senior Fitness Coach with a focus on corporate wellness and employee fitness initiatives. Over 9 years of experience in developing and implementing programs that promote health, productivity, and morale within the workplace. Expertise in conducting health assessments and designing fitness programs that cater to the unique needs of corporate clients.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- corporate wellness
- health assessments
- employee engagement
- program development
- workshop facilitation
- fitness challenges

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF PUBLIC HEALTH,
UNIVERSITY OF NORTH CAROLINA,
2017**

ACHIEVEMENTS

- Increased employee participation in wellness programs by 50% within one year.
- Awarded 'Best Corporate Wellness Program' by Health Magazine in 2022.
- Successfully reduced absenteeism rates by 15% through strategic initiatives.

WORK EXPERIENCE

CORPORATE WELLNESS COORDINATOR

Wellness Works Inc.

2020 - 2025

- Designed and implemented comprehensive wellness programs for corporate clients.
- Conducted health risk assessments to identify employee needs.
- Facilitated workshops on nutrition, stress management, and fitness.
- Developed fitness challenges that increased employee participation by 40%.
- Analyzed program effectiveness through employee feedback and health metrics.
- Collaborated with HR to integrate wellness initiatives into company culture.

FITNESS PROGRAM DEVELOPER

Healthy Horizons

2015 - 2020

- Created tailored fitness programs for employees in various industries.
- Utilized surveys to assess employee fitness levels and interests.
- Organized group fitness classes to promote team building and engagement.
- Implemented wellness challenges that improved overall health metrics.
- Provided one-on-one coaching for employee fitness goals.
- Maintained relationships with local fitness professionals for program enhancement.