



# Michael ANDERSON

## CORPORATE WELLNESS COORDINATOR

Dedicated Weight Loss Personal Trainer specializing in corporate wellness programs aimed at improving employee health and productivity. Experienced in designing and implementing workplace fitness initiatives that promote weight loss and enhance overall well-being. Extensive knowledge of occupational health and its impact on employee performance. Expertise in conducting health assessments and delivering tailored fitness solutions that align with corporate objectives.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Corporate wellness
- Health assessments
- Nutrition workshops
- Program evaluation
- Employee engagement
- Fitness planning

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF PUBLIC HEALTH,  
UNIVERSITY OF MICHIGAN, 2015**

### ACHIEVEMENTS

- Successfully implemented wellness programs that led to a 30% increase in employee productivity.
- Recognized as 'Top Wellness Coordinator' by Wellness at Work Inc. in 2021.
- Increased employee satisfaction scores related to health and wellness by 25%.

### WORK EXPERIENCE

#### CORPORATE WELLNESS COORDINATOR

Wellness at Work Inc.

2020 - 2025

- Designed corporate wellness programs focusing on weight loss and health improvement.
- Conducted health screenings and fitness assessments for employees.
- Facilitated workshops on nutrition and physical activity to promote healthy lifestyle choices.
- Developed partnerships with local gyms to provide discounted memberships for employees.
- Monitored program effectiveness through employee feedback and health metrics.
- Achieved a 20% reduction in employee obesity rates within the first year.

#### FITNESS CONSULTANT

Corporate Fitness Solutions

2015 - 2020

- Provided on-site fitness training and nutrition counseling for corporate clients.
- Developed tailored fitness programs to meet diverse employee needs.
- Organized company-wide fitness challenges to encourage participation and engagement.
- Utilized data analytics to evaluate program success and areas for improvement.
- Coordinated with HR departments to align wellness initiatives with employee benefits.
- Increased employee participation in wellness programs by 50% through strategic marketing.