







SARAH JOHNSON

Senior Personal Trainer

Dedicated and certified personal trainer with a strong background in exercise science, kinesiology, and physical education. Combines strong motivational skills with a deep understanding of nutrition and fitness training methods.

CONTACT

-  (123) 456-7890
-  email@example.com
-  LinkedIn | Portfolio
-  Minneapolis, MN 12345

KEY SKILLS

- Client progress tracking
- Customer relations
- Fitness education
- Personalized fitness programs

EDUCATION

Bachelor of Science in Exercise Science
UNIVERSITY OF FLORIDA, Gainesville, FL

PROFESSIONAL EXPERIENCE

SENIOR PERSONAL TRAINER | JOHNSON & JOHNSON, PHILADELPHIA, PA | JANUARY 2020 TO PRESENT

- Developed and tailored exercise programs for over 100 clients, improving fitness goals by 25% on average
- Held educational sessions on fitness, nutrition, and injury prevention, helping increase client retention by 30%
- Tracked client progress, adjusting workout plans as needed and providing consistent feedback and motivation

FITNESS INSTRUCTOR | GILEAD SCIENCES, FOSTER CITY, CA | JUNE 2018 TO DECEMBER 2019

- Created and led group fitness classes, improving overall employee wellness and productivity
- Co-designed and implemented wellness initiatives that helped decrease employee sick days by 20%
- Provided one-on-one personal training sessions, helping clients achieve their individual fitness goals

CERTIFICATIONS

- **Certified Personal Trainer (CPT)**
National Academy of Sports Medicine (NASM)
- **Certified Strength and Conditioning Specialist (CSCS)**
National Strength and Conditioning Association (NSCA)
- **Fitness Nutrition Specialist (FNS)**
American Council on Exercise (ACE)