

Sarah Johnson

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Profile

- 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.

Education

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

Professional Development

- 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)

Key Skills

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

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