

Raymond Ortiz

New York, NY 12345 | (123) 456-7890 | email@example.com | LinkedIn

Profile

- Dedicated and certified personal trainer with a strong background in exercise science and kinesiology and over five years of experience in the health and wellness industry. Proven ability to develop personalized fitness plans, monitor client progress, and provide education on exercise techniques and nutrition. Recognized for improving client health outcomes and satisfaction and contributing to company wellness programs.

Education

- Bachelor's Degree in Exercise Science | UNIVERSITY OF SOUTHERN CALIFORNIA, Los Angeles, CA
- Associate Degree in Physical Fitness | SANTA MONICA COLLEGE, Santa Monica, CA

Professional Development

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

Key Skills

- Cardiovascular workouts
- Client progress monitoring
- Customer retention
- Injury prevention
- Lifestyle modification counseling
- Nutrition and diet planning
- Personalized fitness plans
- Strength training

Professional Experience

PERSONAL TRAINER | JOHNSON & JOHNSON, NEW YORK, NY | JANUARY 2018 TO PRESENT

- Devise and implement custom fitness and wellness plans for over 100 clients, improving health outcomes and client satisfaction
- Monitor client progress using advanced fitness tracking software, adjusting workout plans as needed to ensure progress and prevent injuries
- Conduct regular workshops and one-on-one sessions to educate clients on proper exercise techniques and nutrition, increasing client retention by 20%

FITNESS INSTRUCTOR | PFIZER, SANTA MONICA, CA | JUNE 2015 TO DECEMBER 2017

- Created and led group fitness classes, tailoring instruction to each person's abilities
- Co-developed a company wellness program that helped decrease employee sick days by 15%
- Provided nutritional guidance and diet planning to clients, contributing to overall wellness and fitness goals