

HEATHER HEALTH

(515) 222-3456 • student@iastate.edu • 123 Court Street, Ames, Iowa 50010

OBJECTIVE

To obtain a corporate wellness position with a focus on fitness assessment and program development.

(Please note: the objective is optional)

EDUCATION

Iowa State University (ISU)

Bachelor of Science, Kinesiology and Health

GPA: 3.12/4.00

Relevant Coursework: Principles of Fitness Assessment and Exercise Prescription, Worksite Health Promotion, Exercise Physiology, Leadership Techniques for Fitness Programs

Ames, Iowa

May 20XX

CERTIFICATIONS AND FITNESS ASSESSMENT SKILLS

Certifications: CPR, AED, and First Aid

Assessment Skills: Body Composition, Flexibility, Muscle Strength and Endurance, and Blood Pressure

WELLNESS EXPERIENCE

XYZ Senior Center

Wellness Assistant

- Lead a variety of fitness classes for up to 50 residents
- Create informational boards on various health topics to educate residents
- Write articles for monthly newsletter on health and exercise topics

City, State

May 20XX – Present

XYZ Company

Wellness Intern

- Developed and led personal training sessions for wellness members
- Familiarized new employees with the fitness center and equipment
- Conducted individual health assessments for over 50 members
- Instructed various levels of exercise classes to participants in order to facilitate weight loss and enhance strength training, flexibility and endurance
- Coordinated promotional corporate event for over 100 people

City, State

January – May 20XX

ADDITIONAL EXPERIENCE

XYZ Bank

Bank Teller

- Provide banking assistance and information to customers
- Work cooperatively with bank employees
- Balance daily transactions
- Maintain customer confidentiality

City, State

May 20XX – Present

VOLUNTEER WELLNESS ACTIVITIES

- ISU Exercise Clinic, City, State
- Skilled Care, XYZ Hospital, City, State,
- Walking School Bus Program for Elementary Students, City, State

August – December 20XX

August – December 20XX

January – October 20XX

LEADERSHIP AND CAMPUS INVOLVEMENT

College of Human Sciences Honors Program, Peer Mentor

American College of Sports Medicine, Active Member

Kinesiology and Health Club, Active Member

XYZ Sorority

- Panhellenic Delegate
- Alumni Relations Committee

August 20XX – Present

August 20XX – Present

August 20XX – Present

August 20XX – April 20XX

August 20XX – April 20XX