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| BA**Objective**I create weight loss, nutrition, and fitness programs for young people, teens, adults, and senior citizens that are fun, safe, extremely effective, and customized to fit individual needs/goals. I’m a dedicated fitness professional with a passion for improving client health, wellness, and quality of life. **Skills** * Client Goal-Setting & Motivation
* 1-on-1 Personal Training
* Group Fitness Instruction

**Hobbies and Interests*** Cross-Training
* Fitness Fission
* Pilates
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| **Britney Atkinson**Multi-Certified Personal Trainer | atkinson.britney@gmail.com |

**Experience**Personal Trainer | Group Fitness Instructor – ABC Department of Parks & Recreation — Sometown, OR **– Proactive, customer-orientated** * Guided clients through safe workouts modified to their fitness levels and medical considerations
* Custom-designed exercise, nutrition, and strength/conditioning programs
* Built a strong client base with 99% repeat business

**Personal Trainer** — DEFUniversity — 2012 to 2016* Developed the university fitness center’s first preventive-maintenance program for gym equipment
* Ranked #1 for highest number of client bookings 3 years in a row.
* Empowered university student clients to take control of their eating

**EDUCATION*** International Fitness Professionals Association, 2011 to Present
* International Fitness Professionals Association, 2012 to Present
* American Red Cross, 2013 to Present

**Certificates*** ACE-Certified Health Coach
* Certified Pilates Instructor
* IFPA-Certified Personal Tr
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