

Danielle Goodman
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Profile

Professional and enthusiastic personal trainer with two years of experience providing effective one-on-one and group training programs. Specialist knowledge of weight management strategies and body composition testing. Talent for creating a welcoming and safe training space and planning effectively for individuals with disabilities and sports injuries. Experienced in using HIIT workouts and resistance training to increase metabolism and improve core strength.

Key Skills

- Trained to perform metabolic testing
- Engaging and friendly interpersonal style
- Detailed understanding of anatomy
- Secure knowledge of safe exercise practices for seniors
- Up-to-date understanding of the latest developments in exercise science
- Proven ability to build brand loyalty and attract new clients
- Well-versed in exercise and nutrition strategies to manage type 2 diabetes and high blood pressure

Education

Bachelor of Science in Exercise Physiology

University of Miami, Miami, FL, September 2014 - June 2018

Professional Experience

Personal Assistant for A-List Celebrity, Houston, TX

August 2019 - Present

- Evaluate new clients and deliver gym orientation sessions
- Demonstrate correct equipment usage and lifting techniques to approximately 15 clients per day and supervise to ensure safe and effective workouts
- Conduct client questionnaires to set goals and generate exercise and nutrition plans to help them meet their targets
- Adapt existing frameworks to accommodate mobility limitations and physical disabilities
- Monitor gym environment for safety and maintain a clear and appealing workspace

Certifications

- Personal Trainer Certificate, National Academy of Sports Medicine, 2018
- CPR and First Aid Certificates, 2020