

# **Annabella Cummings**

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## **Profile**

Newly-qualified personal trainer with extensive knowledge of developing customized training and nutrition plans to support weight loss and improve physical well-being. Able to adapt plans to meet specific health needs, including ones for those with limited mobility, sports injuries, and preexisting conditions. Skilled at creating a positive training environment where clients feel comfortable and empowered.

## **Key Skills**

- Able to build a warm rapport with new clients
- Excellent time management and organization skills
- Thorough understanding of differing nutrition needs and safe exercise protocols during pregnancy
- Clear verbal and written communication
- Assessing client progress to inform next steps

## **Education**

### **Bachelor of Science in Exercise and Movement**

*San Francisco State University, San Francisco, CA, September 2016 - June 2020*

## **Professional Experience**

### **Personal Trainer Intern, Advanced Wellness, San Francisco, CA**

*August 2020 - January 2021*

- Performed over 50 client consultations and initial assessments with support from experienced colleagues
- Created customized fitness and meal plans taking clients' preferences and health needs into account
- Planned and delivered one-on-one sessions under supervision to help clients improve their fitness and well-being
- Maintained an appealing, safe gym environment and carried out basic maintenance checks on equipment

### **Front Desk Representative, Crunch Fitness, San Francisco, CA**

*January 2018 - August 2020*

- Greeted clients and created a welcoming and inclusive atmosphere
- Scheduled client sessions and communicated timetabled services to colleagues
- Followed company procedures to check-in clients and handle email and telephone requests

## **Certifications**

### **Personal Trainer Certification**

*National Strength and Conditioning Association, San Francisco, CA, August 2020 - January 2021*