

# SPU STUDENT

Seattle, WA

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## QUALIFICATIONS

- 2+ years of experience promoting health and wellness in professional roles
- Trained in human performance laboratories and equipment including hydrostatic weighing and ultrasonography
- Committed to researching and finding new ways of helping others strive towards healthier lifestyles
- Passionate about cultivating an environment where people feel motivated and supported in their wellness journey

## EDUCATION

### **Bachelor of Arts in Integrated Studies: Health and Fitness Concentration**

**June 2021**

*Seattle Pacific University, Seattle, WA*

- GPA: 3.9, President's Scholar, Dean's List

## RELEVANT EXPERIENCE

### **Health Performance Intern**

**June 2020 – Sept 2020**

*Bellevue College - Bellevue, WA*

- Assessed the health needs of the people at the college and around the community
- Assisted in developing programs and events that informed and taught people about various health topics
- Facilitated access to wellness programs for community members
- Advocated for individual and community health needs such as better access to affordable, healthy foods
- Collected data regarding health concerns to discuss with members of the health and wellness team

### **Fitness Sales Associate**

**Nov 2018 – June 2020**

*Orangetheory Fitness - Seattle, WA*

- Provided stellar customer service to our fitness-minded member base
- Conducted introductory orientations for potential members, explaining the benefits of our programs
- Motivated and supported members in their wellness journey and helped them understand the science of fitness
- Ensured a quality, cleanly workout experience for members

## VOLUNTEER EXPERIENCE

### **Food and Nutrition Club President**

**Sept 2018 – June 2021**

*Seattle Pacific University - Seattle, WA*

- Directed a group of roughly twenty students with a passion for food, nutrition, and health
- Educated participants on ways to live and eat healthier without compromising taste or budgets
- Produced nutrition and health-based presentations to educate members on better wellness
- Recruited 2-3 guest speakers a quarter to talk in more detail about how to better ours and others' diets
- Engaged with club members to come up with new ways of promoting cleaner eating and fitness on campus

### **Volunteer**

**Sept 2016 – June 2017**

*Lakes Elementary School - Olympia, WA*

- Volunteered weekly at the local elementary school helping third grade students read and write
- Provided fun and creative writing prompts to make learning more exciting for children
- Grew physical health interest of the kids with other volunteers during breaks through basketball, four square, and other fun, recess, outdoor activities