

## Sample Functional Resume

### NAME HERE

666 South 11th Street, Apt. 111  
City, State Zip  
phone number  
Email

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**Objective:** To secure a position in fitness, corporate/community health promotion, or recreation at St. Luke's Hospital

### PROFILE

- Strong commitment to promoting wellness and preventing disease
- Dedicated, professional attitude; mature and willing to work
- Easy to work with; a cooperative and supportive colleague
- Believe strongly that everyone has potential to reach an optimal fitness level

### EDUCATION

**Bachelor of Science, Corporate and Community Health Promotion,**  
University of Wisconsin-Superior, December, 2009

### CERTIFICATIONS

CPR and Lifeguard Certifications; Gerontology Certification

### RELEVANT EXPERIENCE AND SKILLS

#### Fitness Testing

- Monitored blood pressures, heart rates, skinfold measurements, and lung capacities
- Pre and post tested flexibility on physical education students
- Directed walk/run fitness test and stationary bike tests
- Orientated YMCA members on Nautilus/Cybex equipment
- Successfully performed CPR techniques within the CPR's training course

#### Personal Training and Assessment

- Assessed and improved individual's health/fitness
- Designed and implemented fitness regimes for YMCA clients
- Developed a strength training program for high school athletes
- Assisted in Lifegain, a community health program
- Designed and implemented a weight training program for a disabled student

#### Communication/Management Skills

- Managed health facility; hired, trained, and supervised 15 employees
- Conducted Wellness Program for members of health facility
- Demonstrated person-to-person communication skills on numerous occasions
- Addressed the public with presentations on health and fitness

### EMPLOYMENT HISTORY

2/08-9/08	<b>Operations Manager</b>	Anytime Fitness, Superior, WI
1/06-2/08	<b>Personal Trainer</b>	Gold's Gym, Duluth, MN
1/07-5/07	<b>Concession Assistant</b>	University of Wisconsin-Superior