

Mikala Strong, B.S., NASM CPT, PES

Address – City, ST ZIP – phone – email -- LinkedIn

CERTIFIED ATHLETIC / PERSONAL TRAINER – FITNESS EXPERT – NUTRITION SPECIALIST

EXPERIENCE

Certified Athletic Trainer/Occupational Injury Specialist *Company Name, City, ST* 2010-Present

- Provide personalized attention, professional instruction, and exercise programming to each client, resulting in significant improvement in health, fitness, and wellness goals while providing highest level of customer service.
- Conduct basic first aid and orthopedic injury screening, covering such areas as (but not limited to): history, observation, palpation, range of motion, manual muscle strength, reflex testing, myotomes, dermatomes, and special tests.
- Use knowledge of anatomy, physiology, biomechanics, and ergonomic principles to demonstrate objective rationale for appropriate referrals to medical providers.
- Lead large- and small-group training sessions focusing on functional movement patterns, specific job simulations, and educational programs for occupational health/ safety.
- Counsel and observe clients related to appropriate symptom management techniques for minor musculoskeletal discomfort and/ or provide recommended guidelines for correcting limitations in flexibility, strength, and general conditioning to prevent injury or long-term disability.

Personal Trainer, *Company Name, City, ST* 2008-2010

- Performed job analysis establishing and reviewing specific objective findings of push/ pull/ lift forces and repetitive body posturing requirements.
- Communicated regularly with Occupational Health Services Team and Safety personnel regarding workplace countermeasures and injury prevention activities.
- Managed timely administrative requirements such as completing necessary forms, reports, etc.

Fitness and Nutrition Expert, *Company Name, City, ST* 2006-2008

- Designed weekly interval/circuit exercise training sessions for all levels of fitness.
- Performed personal training services for groups of 5-20 participants.
- Devoted time, attention, and energies as needed to offer motivational support to participants via group discussions, and/or group email communications.
- Conducted body analysis measurements initially, midway, and at end of programs

EDUCATION, TECHNICAL SKILLS, and LICENSES

Technical Training Institute, Omaha, NE, High Honors in HVAC Training, 2006

Online program: Technical Skills: Certified Personal Trainer
(NASM CPT) Certification, Performance Enhancement Specialist

Corrective Exercise Specialist, 2011 **(NASM CES) Advanced Specialization**