

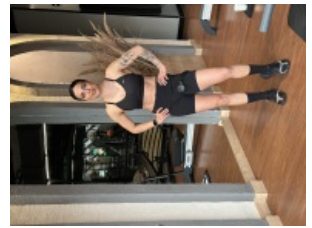
# Curriculum Vitae

**Female**

**D.O.B. 21 April 1989**

**Number of years working in industry:**

**5 years 0 months**



**Candidate ID Number:** 181677

**Nationality:** Iranian

**Language Skills:**

Good: English

Basic: Farsi, Turkish

**Permitted to work in:** Iran, Turkey

**Position Sought:** Fitness Professional

## Personal Statement

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“As a certified fitness coach with a strong background in physical fitness and online coaching, I am passionate about helping people achieve their health and wellness goals. My mission is to inspire and guide individuals through personalized workout plans and effective nutrition strategies. With my expertise in strength training and functional fitness, I aim to make a positive impact on people’s lives by promoting a sustainable and balanced fitness journey.

Seeking work in international locations

## Employment History:

**February 2021 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) İstanbul, Turkey, (Health Club)

### Duties included:

As a fitness influencer, I create and share workout programs, provide fitness and nutrition tips, and engage with my audience to inspire a healthy lifestyle. My responsibilities include content creation, social media management, brand collaborations, and guiding my followers through fitness challenges. Additionally, I research fitness trends and adapt them to suit different needs, especially for people with physical limitations.”

## Education and Qualifications:

**2025 : “Physical Fitness Coaching, Strength and Conditioning, and Sports Science.”**

: “Physical Fitness Coaching, Strength and Conditioning, and Sports Science.”

“Sports Science, Fitness Training, Nutrition Coaching, Strength and Conditioning, Functional Training, and Online Fitness Coaching.”

**2012 University of art**

2 years of university

CV created at [www.spastaff.com](http://www.spastaff.com)

