

# Curriculum Vitae

Male

D.O.B. 13 January 1985

Number of years working in industry: 13 years 8 months

**Candidate ID Number:** 22740

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: French

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Fitness Professional

## Personal Statement

I am in the process of writing a book that connects habits with lifestyle and how it has helped me overcome serious injury into a strong recovery. I am passionate about getting into a luxury spa to train and educate people about lifestyle choices, nutrition and great workout routines. I've been a Personal Trainer for ten years then recently took a different direction and now have come back to the fitness industry with a desire bigger than ever before.

Seeking to work in the UK, USA and Cruise Ships

## Employment History:

**January 2014 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) South West London, UK - United Kingdom, (Home/Mobile)

### Duties included:

- Organisation and development of fitness and nutrition projects in Merton working with children, young people and adults.
- These are ongoing projects funded by the local governing bodies to encourage healthier choices and lifestyles in the borough of Merton.
- Worked with Programme Leaders to deliver Fitness and Coaching sessions.
- Assessed the course participants
- Provided facilities
- Mentoring and skill development of the GCSE level students

### Products worked with:

Reebok

**January 2014 - Present - Spa Consultant** at Find My PT Online, South West London, UK - United Kingdom, (Home/Mobile)

### Duties included:

- A recognised and exciting Fit Camp endorsed by the Merton Chamber of Commerce
- A popular ambassador promoting the importance of fitness in the NHS and local CCG meetings
- CEO and Founder of FMPT Fitness

- An experienced Senior Health and Fitness Advisor with over 10 years of experience.

**Products worked with:**

School, colleges, Companies such as Allianz Insurance and Merton Chamber of Commerce

**October 2006 - May 2008 - Fitness Professional** at Chichester Racquets & Fitness Club, West Sussex, UK - United Kingdom, (Health Club)

**Duties included:**

- Running and maintenance of the health club along with personal advice and training for all clients demanding a variety of fitness needs.

**Education and Qualifications:**

**2011 University of Chichester**

Degree

BA (Hons) Major, Sports Studies (Sports Development)

**2001 Rutlish Boys**

GCSE 5 A's to C's

**Product Training:**

**November 2014 CYQ Level 3 Personal Trainer**

Be a Better You

Personal Training

**March 2006 Level 2 Gym Instructor and 3 Personal Trainer**

VT Plus Training in Hove

Level 2 Gym Instructor and Level 3 Personal Trainer

**Vocational Qualifications**

FA Coach

YMCA Central Qualified

Played for Fulham Football Club

YMCA Level 1 and E2M (Exercise to Music)

**Hobbies and Interests**

Cycling

Music - Musician / Producer

Natural Body Building

Fitness Model

Public Speaking and Life Coach

Nutrition

Book Writing

