

PROFESSIONAL RESUME

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Objective: To secure a leadership position with a professional fitness organization that embodies a philosophy exemplifying integrity, forward thinking, cutting-edge technology, and an evidence-based approach to service.

LICENSES AND/OR CERTIFICATIONS EARNED THROUGHOUT CAREER:

Certified Strength and Conditioning Specialist, Cert.# 901383
National Strength and Conditioning Association

Certified Health and Fitness Instructor, Cert.# 3808
American College of Sports Medicine

Certified Advanced Level Personal Trainer, Cert.# 4985236
National Academy of Sports Medicine

Exam Preparation Faculty, # E13488
Practical Training Faculty, # P13489
Certified Personal Trainer, Cert.# T69351
Specialty Recognition, Exercise and Weight Management
Specialty Recognition, Pre-natal/Post-partum Exercise
American Council on Exercise

Certified Instructor, CPR for the Professional Rescuer
Certified Instructor, Community First Aid and Safety
American Red Cross

Certified Official, Stroke and Turn Judge
USA Swimming

Apex Training System Trainer Certification, Cert.# AFG-320792
Apex Fitness

Thomm Plummer Health Club Management Certificate
The Milenia Group Health Club Sales and Marketing Certification

PROFESSIONAL EXPERIENCE:

Position: Facility Director

Tenure: October 2006 - Present

Employer: Parisi School of Speed, Strength and Power, 2-22 Banta Pl., Fair Lawn, NJ 07410

Contact: Brian Carlson

Ph: (201) 794-8666

Responsibilities included: To run all aspects of business at the Fair Lawn location. Developed business and service models for organization's new medically-based fitness business at Wyckoff location. Speed school business restructuring and development.

Position: Fitness Management Consultant

Tenure: March 2006 - Present

Employer: Self

Responsibilities have included: Contracting and providing consulting services for privately owned fitness companies including: setting-up integrated administrative/member management systems, recruiting and recommending for hire training director and staff, developing technical training program and resources for training staff, providing CEC/CEU-approved continuing education for client's training staff.

Position: V.P., Fitness and Wellness Services

Tenure: Jan 2001 – March 2006

Employer: Plus One Holdings, Inc., 75 Maiden Lane – 8th Floor, New York, NY 10038

Contact: Mike Motta **Ph:** (646) 312-6225

Responsibilities included: Developed all National company-wide fitness / training services, as well as all technical training and continuing education for training staff (850+ employees / 200+ trainers company-wide); created, developed and implemented systems to ensure quality control of all training services; combined, achieving industry recognition as “The Gold Standard” in training services.

Position: Manager / Director of Clinical Research and Athlete Testing

Tenure: April 1998 – July 2001

Employer: Parisi School of Speed, Strength and Power, 2-22 Banta Pl., Fair Lawn, NJ 07410

Contact: Bill Parisi **Ph:** (201) 794-1555

Responsibilities included: Helped develop business model, technical protocols, and administrative systems for largest athlete performance testing and training program in New York Metropolitan area; served as business, marketing, and sales manager of athlete strength and conditioning center, growing monthly revenues from 24K to 101K in 27 months

Position: Director of Fitness, Personal Training, and Physical Therapy Departments

Tenure: Jan 1990 – April 1998

Employer: Health Spa 2, Bergen Mall, Paramus, NJ 07652

Contact: Steven Menconi **Ph:** (201) 843-3131

Responsibilities included: Launched, developed, and managed Physical Therapy and Personal Training Departments, developed and managed Fitness Department of 5,200 member fitness facility in Bergen County, NJ.

Positions: Varied

Tenure: September 1979 – December 1989

Employers: Various health club / fitness operations in New York City area

Responsibilities: From fitness programming and member services to general management and membership sales management.

EDUCATION:

<u>Degree</u>	<u>Discipline</u>	<u>Institution</u>	<u>Year</u>
M.A.	Applied Physiology	Teachers College, Columbia University	1992
B.S.	Scientific Foundations	Hunter College, CUNY	1983

In Health & Physical Education

TEACHING / LECTURING ASSIGNMENTS:

Presenter, “NCCA-accreditation and Certifications for the Health and Fitness Professional.” IDEA World Conference, Las Vegas, NV	2006
Presenter, “The Core – Is it the Key to Preventing Low Back Pain?” Can Do Fitness, Edgewater, NJ	2006
Presenter, “Pumping-up Personal Training Profits” Gold’s Gym Northeastern Alliance, Newburgh, NY	2006
Presenter, “Don’t Let this Happen to You!” NYS Maternal-Infant Services, Dutchess County Cornell Cooperative Extension	2006
Lecturer, “From the 5K to Running Your First Marathon” Merrill Lynch Fitness Center, NY, NY, Jersey City, NJ	2005
Lecturer, “ +golf – Conditioning for Golf” Merrill Lynch Fitness Center, NY, NY	2005
Lecturer, “Fit Kids = Healthy Kids” Merrill Lynch Fitness Center, Hopewell, NJ	2005
Lecturer, “Exercise Physiology in Sports Medicine” Faculty, Sports Medicine Curriculum, University of Medicine and Dentistry of New Jersey	2005-06
Lecturer, “Don’t let this Happen to Your Child” 2005 and 2006 Women’s Expos, Kingston, NY	2005-06
Co-Presenter, “Put one Foot in Front of the Other – Starting a Walking Program for Health and Fitness”, Community Health Symposium to Combat Obesity, Greater New York Regional Chapter - ACSM	2004
Lecturer, “Running Your First 5K” Merrill Lynch Fitness Center, NY, NY, Jersey City and Hopewell, NJ	2004
Lecturer, “Fit Kids = Healthy Kids” 2004 Women’s Expo, Kingston, NY	2004
Lecturer, “ +golf – Conditioning for Golf” Merrill Lynch Fitness Center , Princeton, NJ	2004
Lecturer, Selecting a Fitness Center and the Right Personal Trainer AOL –Time Warner, NY, NY	2004

ACE-CPT Exam Prep Course American Council on Exercise	2004
Workshop Director/Lecturer, ACSM-HFI Certification Workshop American College of Sports Medicine	2003 - 2004
Lecturer, “Fit Kids = Fit Society” Morgan Stanley-Dean Witter Fitness Center , NY, NY	2003
Lecturer, “Professional Certifications – Guidelines and Pitfalls”	2005
Lecturer, “Speed vs. Sport Speed”	2003
Panelist, “The Athlete’s Back”	2002
Lecturer, “Developing the Optimal Program for the Client with Low Back Pain”	2001
Lecturer, “The Physiomechanics of Speed Training”	1999, 2000
Lecturer, “Strength Training the Weekend Warrior” Annual Meeting of the Greater New York Regional Chapter - ACSM	1996
Lecturer, “Exercise Physiology in Sports Medicine” Faculty, Dept. of Orthopedic Sciences, New York College of Podiatric Medicine	1997 - 1998
Lecturer, “Basic Conditioning for the Track and Field Athlete and Occasional Runner”	April 1998
Lecturer, “Strength Training for the Track and Field Athlete” GNYRC-ACSM and USA Track and Field Conference	October 1998
Moderator / Lecturer, “Spring Training Conference” (Joint conference) GNYRC-ACSM and NSCA	1996-1999
Moderator / Panelist, “The Science and Art of Personal Training” Greater New York Regional Chapter, ACSM	April 1994
Workshop Instructor, “Body Composition and Obesity Research Seminar” Teachers College, Columbia University	Oct. 1984

PUBLICATIONS:

- Associate Editor, ACSM’s Health-Related Physical Fitness Assessment Manual, 2nd edition,
AMERICAN COLLEGE OF SPORTS MEDICINE, LW&W, 2007*
- Columnist, Step-by-Step,
CLUB INDUSTRY FITNESS BUSINESS PRO MAGAZINE, 2006*
- Author, “Plyometrics for Explosive Speed and Power”,
ULYSSES PRESS, 2006*
- Contributor / Associate Editor, ACSM’s Resources for the Personal Trainer, 2nd edition,
AMERICAN COLLEGE OF SPORTS MEDICINE, LW&W, 2006*
- Columnist, Health & Fitness,
MANHATTAN LIVING, 2005- 2006*
- Reviewer / Editor, ACSM’s Health-Related Physical Fitness Assessment Manual,
AMERICAN COLLEGE OF SPORTS MEDICINE, LW&W, 2005*
- Associate Editor, ACSM’s Resources for the Personal Trainer, 1st edition,*

AMERICAN COLLEGE OF SPORTS MEDICINE, *LW&W*, 2005
Columnist, PERFECT FORM, Column,
MUSCLE & FITNESS HERS, 2004
 “Walk Off Winter Weight” ,
FAMILY CIRCLE, March 2004
 “Infomercial Investigation – The Ab Swing”,
FITNESS, February 2003
 “Infomercial Investigation – THE FIRM Body Sculpting System”,
FITNESS, August 2002
 “Corporate Fitness – the State of the Art”,
PHYSICAL, Spring 2000

AFFILIATIONS / PROFESSIONAL SERVICE:

Featured Expert, www.EatBetterAmerica.com General Mills, Inc.	2006 – Present
Fitness/Weight Loss Expert, New York Daily News Helpline, New York Daily News	2004-05
Member, Faculty Advisory Board American Council on Exercise (ACE)	2003-04
Strength and Conditioning Specialist, USA Swimming Sports Medicine and Science Network United States Swimming	2002-Present
Medical Team, 2002 U.S Indoor Track and Field Championships United States Track and Field	2002
Member, Committee on Certification and Registry Board	2004 - Present
Representative, Regional Chapter Committee	2002 - Present
NY & NJ State Chair, Membership Committee American College of Sports Medicine	2002 - Present
Chair, “Wellness at Work” Community Service Program ACSM’s Fit Society and NYC Health Department	2001
President, Executive Committee	2003-Present
Vice President, Executive Committee	2001-2003
Treasurer, Executive Committee,	1999-01
Member, Continuing Education Committee, Greater New York Regional Chapter, ACSM	1993-99
Member, Executive Council	2004-Present
Chair, Certified Personal Trainer Subcommittee	2004-Present
Certification Director, ACSM-HFI Certification Examination	2004
Site Coordinator, Health / Fitness Instructor Certification,	2003-04

Certification Workshop Director, Health / Fitness Instructor Certification, 2003
Examiner, Health / Fitness Instructor Certification, 1998-01
Committee on Certification and Registry Board, ACSM

Speakers Bureau, 1998
Strategic Health Initiative for Women, Sport and Physical Activity

Chair, Fundraising Committee, 1998
**Greater New York Regional Chapter,
American College of Sports Medicine**

Co-author / Reviewer, Certificate of Enhanced Qualification 1995
for Advanced Personal Trainer,
**Ad Hoc Committee, Continuing Education and Certification Committee,
American College of Sports Medicine**

AWARDS:

Fellow, 2006
American College of Sports Medicine

Nominee/Finalist, Fitness Educator of the Year, ACE Achievement Award 2005
Nominee/Finalist, Fitness Director of the Year, ACE Achievement Award 2004
American Council on Exercise

Outstanding Contribution to the GNYRC-ACSM, GNYRC-ACSM 2001
Service Award Recipient, Greater New York Regional Chapter 1999
President's Award Recipient, Greater New York Regional Chapter 1998
American College of Sports Medicine

PROFESSIONAL MEMBERSHIPS: ACSM, NSCA, IDEA

REFERENCES: Available upon request