

Jessica Cone

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COLLEGIATE SCHOLARSHIP ATHLETE

Spring Board & Platform Diver for the University of Nevada, Reno
2002-2007

EDUCATION

- Bachelors of Science in Health Ecology from the University of Nevada, Reno

CERTIFICATIONS

- American Council Of Exercise (ACE) - Current (Since 2007)
- CPR & AED - Current (Since 2007)
- CrossFit Level I Certified - (2010-2015)
- NFPA Firefighter I & EMT Basic - (2010-2012)

WORK EXPERIENCE

Independent Wellness Coach, Fitness Instructor & Network Marketer

Independent - Current (Since June 2010)

- Provide Wellness Coaching & Personal Training for local businesses and fitness facilities
- Work with small to large groups, developing and presenting classes on nutrition, injury prevention rehabilitation, fitness and other health related topics
- Work one-on-one with clients developing personalized fitness routines, injury prevention and rehabilitation exercises, nutrition plans and creating healthy habits
- Coordinate, administer, and assess fitness evaluations for groups and individuals, including body composition, aerobic capacity, muscular strength, endurance and flexibility testing
- Develop and instruct all types of wellness & fitness classes, events/programs, and challenges including weightlifting, circuit training, flexibility, mobility, core, nutrition, weight/fat loss and healthy habits
- Manage business accounting, billing, record keeping, equipment and supply ordering and maintenance
- Manage several marketing and social media platforms: Website, Facebook and Instagram
- Design and manage business Websites: www.jessccone.com & www.beastychalk.com
- Utilize social media as a platform to run informative classes, health wellness challenges, and advertising
- Regularly utilize Word, Excel, Power Point, Internet, Online Apps and payment software (WODify)
- Program and maintain business fitness app which provides daily workouts for clients
- Attend regular seminars for network marketing and how to effectively utilize social media

CrossFit Coach, Personal Trainer, Group Fitness & Program Developer

Crossfit Tigard - Current (Since June 2018); CrossFit Lake Oswego - January 2009 to June 2018;

VillaSport Athletic Club & Spa - February 2015 to June 2018

- Instruct group classes through dynamic warm-ups, weightlifting technique, workouts and cool-downs
- Help individual members with injury prevention and rehabilitation through flexibility and mobility exercises
- Guid members in healthy nutrition, including specific recommendations, healthy eating choices, performance enhancement, meal prepping and meal planning
- Develop, implement and instruct unique fitness programs such as youth/teen sports & conditioning programs, gymnastics workshops, weightlifting clubs and nutrition classes
- Develop, market on social media, and run fitness competitions, fundraiser events for charities and challenges
- **Additional CrossFit Coaching, Personal Training, & Group Exercise Experience:** Instructing fitness classes personal training at CrossFit X-Factor, CrossFit Explosion, CrossFit Happy Valley, CrossFit Timber, CrossFit Paleo Fit Box, CrossFit Rivet, CrossFit Clackamas, Franco Athletic Sports & Training, Snap Fitness, Premier Sport & Fitness, 24 Hour Fitness

Volunteer Fire Fighter

Clackamas Fire District - January 2011 to January 2012

- NFPA Firefighter I, Wildland and EMT Basic certified
- Worked a minimum of 15 shifts per quarter and attend weekly drills and monthly association meetings
- Nominated for the volunteer representative for the Safety Committee
- Held position on the Volunteer Special Events Committee
- Attended the 2011 Oregon Volunteer Firefighter Association Conference (OVFA)
- Attended community and special events representing the fire department

Boring Fire Department - Boring, OR - January 2010 to 2012

- NFPA Firefighter I, Hazardous Materials and Wildland certified
- Worked a minimum of 5 shifts and attend a minimum of 7 drills per quarter
- Attended community events representing Boring Fire Department
- Volunteered at Firefighter booths at community events
- Helped with 2010 recruit physical training and EMT practical skills
- Helped instruct 2011 recruit class on ladder and other firefighter techniques

Wellness and Fitness Instructor

The City of Portland - August 2009 to September 2011

- Conducted health and wellness consultations for city employees
- Implemented health and wellness programs such as boot camp, flexibility, core strength and nutritional classes
- Developed and instructed classes and challenges on nutrition and weight loss; nutritional guidance included various diets, healthy eating habits and meal planning
- Took body composition measurements including weight, body fat percentage and waist to hip ratio

Health & Wellness Program Coordinator

Portland Fire & Rescue - June 2008 to July 2009

- **Held temporary position as the Health & Wellness Program Coordinator for Portland Fire & Rescue under a 1 Year Grant**
- Oversaw and managed the departments 30 Peer Fitness Trainers (PFTs)
- Conducted work site visits to fire district locations and provided health and wellness counseling to individuals, groups, and crews
- Helped firefighters and non-sworn employees with exercise, flexibility, nutrition and any other health and wellness needs
- Evaluated and guided returning uniform personnel from injury and illness
- Coordinated annual physical agility testing: equipment setup and maintenance, scheduling testing proctors, and recording data for analysis
- Created and implemented a new fitness assessment test including the 3 Minute Step Test, pushup, plank, and body fat testing
- Created and sent out a monthly Health & Wellness article
- Developed and instructed an eight hour American Council of Exercise (ACE) accredited course to PFTs for Continuing Education Credits and education on the new fitness assessment test, utilizing Power Point and hands on demonstration
- Created a 100+ page workout book for uniform personnel to use, which included active warm-ups, cardio, core strength, upper body and lower body strength exercises, circuit workouts, plyometric, balance, foam rolling, and flexibility
- Utilized Microsoft Word, Excel, Power Point and Outlook on a regular basis
- Developed and presented a presentation on nutrition which was broadcast on the Bureau television for safety week
- Instructed weekly spin classes that were offered to uniform personnel