

PROFESSIONAL EXPERIENCE

PERSONAL TRAINER & WELLNESS COACH

Owner/CEO Joint Operations Fitness | July 2018 - present

- Assists clients in achieving their health and wellness goals by providing support, guidance, and accountability in exercise, nutrition, supplementation, sleep hygiene, mindset, and stress management
- Provides ongoing support to clients through regular check-ins and adjustments to their plans
- Oversees and guides clients through 8 week fitness challenges
- Hosts an inclusive and educational online Facebook fitness community

MAIN SKILLS

- Weight and resistance training
- Nutrition coaching
- Wellness coaching
- Remote availability
- Mindset and motivation

CERTIFICATIONS

NETA Certified Personal Trainer

NETA Certified Nutrition Coach

NETA Certified Wellness Coach

University of Health & Performance
Fitness Operative Cornerstone Course

American Heart Association
Heartsaver CPR and AED Certified

CULTURAL COMPETANCE

LAW ENFORCEMENT OFFICER

Golden, CO | 2015 - present

- Served in Detentions, Patrol, Special Investigations and General Investigations Divisions

FIREFIGHTER

Millstone, NJ | 2008 - 2014

- Served as a firefighter, Fire Company Vice President, President, head of Membership, and Secretary of the Firefighter Relief Association

MILITARY

Lawrenceville, NJ | 2003 - 2011

- Served two combat tours with Army Aviation in an Assault Helicopter Battalion as an Intelligence Sergeant

ACADEMIC BACKGROUND

THE COLLEGE OF NEW JERSEY

Bachelor's Degree in Fine Arts, Graduated May 2012

- GPA: 3.63, Graduated with Honors