

## ALLIE KIELY

Massachusetts/Virtual Experience

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Highly motivated fitness instructor and nutritionist with experience coaching clients, taking measurements, creating meal plans and individualized exercise programs for achieving client's fitness goals. Kinesiology graduate certified as a fitness coach, personal trainer, and nutritionist through the ISSA. Experience training in person and virtually via zoom and apps. Currently studying to be a certified strength and conditioning specialist, corrective exercise specialist, and exercise recovery specialist.

### **EXPERIENCE**

*Fitness Instructor & Nutrition Coach, Xtreme Ninja Martial Arts* June 2023-Present

- Teach kickboxing to adults and weightlifting classes to adults and kids 9+.
- Take clients' measurements, provide exercise plans, meal plans, modified macros, and guidance with weekly check-ins and support.
- Communicate with clients, monitor food tracking and exercises, and meal plans logged through an app.
- Sales - convert leads to memberships & to join a 6-week fitness program.
- Facebook management for their social media page. Post videos/photos after every fitness class taught.

*Personal Trainer Internship, Summit Health & Fitness/Club 600 – 400 hours completed* April-August 2021

- Trained under elite master trainer Bob Garvin.
- Observed Bob as he worked with clients from all over the world via Zoom.
- Applied knowledge of anatomy and biomechanics of the human body during exercise.
- Analyzed movement of the 3 planes specifically with gait to determine proper exercise plan for people with varying levels of fitness and injuries.

*Capoeira Instructor, New Wave Self Defense* 2008-2015

- Taught capoeira classes to kids of all ages.
- Developed programs for groups and individuals of all ages to further develop their martial arts knowledge and skills.
- Motivated clients to increase their fitness levels while training them.

### **CERTIFICATIONS**

- *Fitness Coach, ISSA* Valid until October 2025
- *Nutritionist, ISSA* Valid until October 2025
- *Personal Trainer, ISSA* Valid until October 2025

### **EDUCATION**

University of Rhode Island, Kingston, RI

August 2021

*Bachelor of Science, Kinesiology*

*Concentration, Exercise Science*

### **SKILLS**

Fitness Instructor. Personal and Group Fitness Experience. Nutrition Coach. CPR, First Aid Certified. Certified Strength and Conditioning Specialist, Corrective Exercise Specialist, and Exercise Recovery Specialist Expected March 2024.

Leadership, Knowledge of Anatomy, Designing Exercise Programs, Safety Techniques.

Proficient in Trainerize app, Microsoft Word, PowerPoint, Instagram, Facebook, TikTok, & Hootsuite.