

RICKY DAVIS

CORPORATE HEALTH & WELLNESS
COACH/COORDINATOR/FITNESS TRAINER

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OBJECTIVE

I am motivated to help individuals reach their full fitness potential. And my extensive education and experience in applied behavioral sciences, corporate wellness, and training, combined with my workforce development experience, put me in a unique position to do so. I am also a certified diabetes educator, chemical dependency counselor, and anger management facilitator. I create an overall culture of well-being, awareness and engagement. I possess 12 years of experience in corporate wellness planning, implementing, and managing health and wellness-related programs and services including cardio and exercise techniques in safety. I work to build and motivate corporate teams; my goal is to contribute to the success of an organization which values professionalism through integrity, and ethics while demonstrating high energy. Additional offerings include extensive experience working in non-profit environments with emphasis on facilitation, training and customer service.

EDUCATION

BACHELOR OF ARTS:
APPLIED BEHAVIORAL SCIENCES
ASHFORD UNIVERSITY, CLINTON IA

CERTIFICATIONS:
CORPORATE WELLNESS COACH;
GROUP FITNESS TRAINER -
SPENCER INSTITUTE
CHEMICAL DEPENDANCY
COUNSELOR -HEALTH STAFF
TRAINING INST
ANGER MANAGEMENT
FACILITATOR -
ANDERSON & ANDERSON, APC

KEY SKILLS

STRONG INTERPERSONAL &
COMMUNICATION SKILLS • GROUP
EXERCISE LEADERSHIP • WEIGHT
MANAGEMENT • EXPERIENCE
WITH NUTRITIONAL SUPPLEMENTS
• RISK FACTOR ANALYSIS •
PHYSICALLY STRONG & AGILE •
BEHAVIOR MANAGEMENT
TECHNIQUES • CURRICULUM
DEVELOPMENT • EXERCISE
MODIFICATION • INJURY
PREVENTION • STRENGTH
CONDITIONING • GROUP
FACILITATION

EXPERIENCE

GROUP FITNESS INSTRUCTOR/MEAL PREP COACH

JUNE 2022 - PRESENT – CLEARPATH LIFE CENTER

- Educate members on health and wellness basics
- Instruct Senior Adults in scheduled classes, lead warm up, exercises, stretching, and cool down segments of 20-25 participants a week
- Responsible for meal prep resulting in client weight loss of 10-14 lbs. in 2-3 months. Weight loss resulted in modified medications for some Senior Adults
- Encourage and motivate members to reach fitness goals

GROUP CLASS INSTRUCTOR

MARCH 2016 – 2020 – J & J NEUTROGENA

- Taught assigned classes that concentrated on cardio, strength conditioning, and high-impact movement
- Instructed employees on fundamental exercise techniques for safety and optimal success
- Provided personalized feedback during exercise classes to ensure proper form and breathing

FITNESS INSTRUCTOR

AUGUST 2015 – PRESENT – LA CARE/BLUE SHIELD FAMILY RESOURCE CNTR

- Facilitate fitness classes weekly for Resource Center participants and the general public
- Offer low-impact exercises and dance routines to improve stamina and endurance

FITNESS TRAINER/WELLNESS CONSULTANT

MAY 2013 – PRESENT – REAL RESULTS 30

- I assess, develop and implement nutritional and fitness programs with clients
- Provide personalized nutritional counseling for weight management clients
- Develop individualized programs that ensure client enhancement of personal fitness goals including the discontinuation of medication
- Provide individual and group consultation for schools/colleges, medical facilities, churches, health fairs, radio stations, non-profit organizations, private and government agencies