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# ETTI SIMON

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LinkedIn

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## EXERCISE PHYSIOLOGIST



- Highly trained and well-prepared to engage in patient assessment, exercise testing, stress management, fitness prescription, training and leadership, and education and behavior change.
- Expert in designing, constructing, and updating exercise equipment that outlasts manufactured products and meets OSHA standards.
- Strong physical fitness, nutrition and psychology abilities. Committed to motivating individuals and groups to achieve ambitious targets by adopting healthy lifestyle choices.
- Excellent communication skills and relationship management abilities; thrive in an environment requiring collaborative approach.

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Stress Testing – EKGs – Diagnostic Studies – Exercise Modification – Lifestyle Modification Programs – Patient/Client Education  
Exercise Study – Exercise Programming – Personal Training – Fitness Classes – Fitness Programming – Health and Wellness  
Prevention Education – Fitness Assessments – Exercise Prescription – Workout Programs – High-Risk Patients/Cientele

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## EDUCATION

AZTECA UNIVERSITY, HEALTH SOLUTIONS COLLEGE, Phoenix, Arizona

2020

**Bachelor of Science, Exercise and Wellness Fitness Specialist**  
US College of Sports Medicine, ACSM Certified, 2018

**Relevant Coursework:** Behavior Change, Motivational Interviewing; Stress Management for Wellness; Human Nutrition; Sports Nutrition; Medical Nutrition; Physiology and Kinesiology; Exercise Testing and Prescription

**Research Project:** Monitored body composition of women performing strength training exercises while on a vibration platform used by NASA; attained clients, collected data, designed marketing information; developed and delivered presentations detailing findings; and collaborated with team

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## PROFESSIONAL EXPERIENCE

P.A.Z. BOOTCAMP, Scottsdale, AZ

2014 – Present

### Fitness Assistant

Work closely with clientele in developing exercise programs, conducting group fitness classes, and providing individual health, wellness, and personal training. Leverage experience as a gymnast, dancer, nutrition authority, and behavior change specialist to teach and motivate clientele. Develop rapport and provide onboard training to new clientele. Create signage and marketing pieces that generate interest in the gym and its services.

**Fitness Assistant, Continued**

- Entrusted to run all aspects of the gym, including client management, business development, and operations oversight.
- Designed, built, and maintained the facility's exercise equipment, ensuring adherence with OSHA safety standards.
- Engaged in a wide range of upkeep and maintenance across the gym; confirmed safe operation of all equipment.

HOME IMPROVEMENT &amp; BUILDERS, LLC, Phoenix, AZ

2010 – 2014

**Customer Service Representative V, 2014**

Ensured the satisfaction of all customers, by providing outstanding service. Employed problem solving, teamwork, empathetic listening, product knowledge, and follow-up skills to achieve success.

- Planned and coordinated a storewide clearance event that reduced excess and nonstock product in preparation for inventory, which resulted in a record reduction in errors.
- Provided customers with the ultimate shopping experience by utilizing management knowledge and experience.

**Department Manager of Hardware and Tools, 2013**

Created a safe environment, set objectives, and motivated staff to achieve productivity targets, and encouraged delivery of excellent service.

- Recognized by leadership for outstanding performance across department, which resulted in the entire management team utilizing department as a model for the store to follow.
- Decreased shrink by coordinating schedules to provide training, setting goals and delivering training, and ensuring staff focused on common objectives, which resulted in record low shrink percentages.
- Designed eye-catching displays and coordinated product knowledge events that boosted product sales, increased store sales margins, and improved customer-employee relations.

**Customer Service Representative I, 2010 – 2012**

Provided support from project beginning to end while working closely with customers.

THE BUILDERS' DEPOT, Scottsdale, AZ

2008 – 2010

**Cashier**

Earned status for top sales in credit card accounts. Selected to train new and existing employees in how to increase sales and build customer loyalty.

**COMMUNITY INVOLVEMENT**

Kids' Leader, Build, Lead, and Grow, Scottsdale, AZ

Volunteer, Activities Coordinator, Manor Garden, Senior Living Home, Phoenix, AZ

Research Assistant, Azteca University, Phoenix, AZ

"Etti has done an exceptional job for us at P.A.Z. Bootcamp. She has outstanding technical skills and the ability to build lasting relationships with our clients. Her expertise is unmatched, and it shows in our growth over the past four years. I'm proud to have her on our team." – Allana Schiff, President, P.A.Z. Bootcamp