

Amanda Heminger

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My mission is to work in an environment where I am encouraged to help people meet their personal fitness goals and empower them to succeed. My personal goal is to be in the best physical condition while still enjoying a balance between food intake, fitness level, and overall health and wellness. My professional goal is to encourage and motivate people through my engaging personality, enthusiasm for fitness, and vast knowledge in all areas of health and wellness, resulting in success for my clients.

Education:

Oregon State University B. A. Exercise Science

2006 – 2010

Certifications

- Certified Personal Trainer through the American College of Sports Medicine
- Certified Personal Trainer through the National College of Exercise Professionals
- Certified through TRX (Total Resistance Exercise)

Experience

Seattle Athletic Club: Seattle, Washington

June 2015 – Present

Personal Trainer and Group Fitness Instructor

- Specializes in rehabilitation from injuries, proprioception and activation of muscles, and reducing overall pain through movement.
- Encourages and motivates clients to do simple movements repetitively over time, leading to much less pain and discomfort in activities of daily living.
- Focuses on improving daily living for clientele who are sedentary at work and are feeling the negative effects of aging.

Core Performance/EXOS: Intel in Hillsboro, Oregon

Oct 2012 – Dec 2014

Performance Specialist in charge of all responsibilities at the Ronler Acres 3 (RA3) Fitness Center at Intel

- Instructed all Group Exercise classes at RA3 gym. Taught and subbed at the six Intel gyms in Oregon, requiring transportation by bicycle to all four campuses. Instructed at as many as three campuses per day. Confidentially lead all styles of classes with a warm up and recovery specified to format of class.
- Provided employees with information regarding all areas of health via e-mail, office hours, scheduled appointments, weekly blog posts, booths in café, and tables at events. Designed individualized exercise programs leading to achievement of goals.
- Confidently selected corrective movements targeting employee's area of tightness and pain, excelling in problems that resulted from sedentary lifestyle. Continued to check in and adjust program to ensure continued improvement in health and wellness.

Oregon Athletic Clubs: Hillsboro, Oregon

Sept 2012 – Jan 2013

Personal Trainer and Group Exercise Instructor

- Continually adapted to meet client's need, ensuring continual improvement
- Motivate clients with a sincere desire to see goals met. Understanding challenges that arise but guiding them back on track
- Assigned trainer responsible for exercise related jobs in the Cardiac Rehab Program
- Lead corporate team-building events for companies such as Intel and Genentech

St. Marys Academy: Portland Oregon

July 2011 – Aug 2012

Summer Weight Room Coach and Winter Downhill Ski Team Land Coach; All Girls School

- Educated students on correct technique, and safety in weight room
- Lead group workouts, and offered specific exercises for student's different athletics

ADAPT Training: Beaverton, Oregon

June 2010 – Aug 2010

Intern

- Specialized in gait analyses and alignment assessments
- Worked with individual's recovering from spinal cord injuries