

LAWRENCE L. MILLER

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QUALITIES

- Empathetic
- Trust worthy
- Dedicated

CAREER SUMMARY

Thirty years experience as a personal trainer with eight years spent as a business owner in the physical fitness industry. Expertise in creating rehabilitation programs for injured older adults and developing training. . Successfully worked with young adults and athletes engaged in body building and tennis competitions. Developed programs to improve overall condition. Exceptional marketing and club management experience. Oversaw staff, scheduled, trained, and managed financial affairs. Passionate about develop training routines for individuals with chronic medical conditions and to improve client's health through rehabilitative therapy.

ACCOMPLISHMENTS

- Top producer able to build clientele from ground zero to profitability
- Role model and motivational fitness expert.
- Tailored routines to fit individual body type and improve fitness.
- Highly fit with exceptional fitness and nutritional knowledge

EXPERIENCE

- 2003- 2007 **Lifestyle Fitness LLC**, Washington, DC
- Worked with older adults from ages 45-85 to design individual program to address flexibility, injury, and strength issues.
 - Performed intake and assessment to work towards to reach health and fitness goals. Increased clientele by 50 percent.
- 1999-2003 **Forever Fit, Inc.**, Washington, DC
- Trained staff at own business to implement general fitness for athletes and pre-menopausal women as well as helping rehabilitate adult injuries.
 - Performed intake and evaluation of clients and worked towards developing programs that offered freedom from chronic pain and promoted better health.
- 2005-1999 **Sport & Health**, Washington, DC
- Worked as a personal trainer for young adults ages 14-19. Performed assessments and designed programs to help fulfill personal goals.
- 1990-1995 **Sport & Health**, (Hilton Towers), Washington, DC
- Provided personal training to business executives, and semi-tennis pro's and competitive body builders preparing for competitions. Training included jumping and agility training

Certifications **National Strength and Professional Association (N.S.P.A)** – 1992&1995 General Fitness
National Strength and Conditioning Association (N.S.C.A)1996&1998 Strength Conditioning
A.F.P.A. American Fitness Professionals Association 2000-2004, Injury Rehabilitation
M.A.T. Muscle Activation Techniques
CPR Certification, 1995, 1999, 2003, 2005

Education B.A. University of Pittsburgh, 1985 Studied, Physical Education, Business Management