

CHERYL QUINTANA

NUTRITION & FITNESS COACH

PROFILE

A driven and dependable professional; with Compassion and knowledge in nutrition and exercise, I have been effective in helping clients discover their drive and break through barriers that kept them from reaching their goals.



CONTACT

-  Manitowoc Wisconsin
-  cherylq.fit@gmail.com
-  c-santana.com
-  920.645.3080

EDUCATION

Associate Degree: Health Science
Wellness and Health Promotion
Northeast Wisconsin *Technical College*
Graduation: May, 2024

Associate Degree: Applied Science
Graphic & Web Design
Lakeshore Technical College
Graduated: May, 2016

CERTIFICATES

CPR & AED Certified
American Heart Association
December 3, 2024

Fitness Coach
Fire Fitness Bootcamp
February 28, 2024

SKILLS

Technical Skills

Exercise Program Design
Nutrition Needs Assessment
Positive Behavior Modeling
Health Risk Assessment
Social Networking

Soft Skills

Active Listener
Compassion & Empathy
Effective Communication

EXPERIENCE

WELLNESS COACH - INTERNSHIP

Impact Wellness Spa | January 16-May 7th, 2024

- One on One Wellness and Health Coaching
- Assist With Clients With Equipment
- Macro Planning

WELLNESS COACH - INTERNSHIP

Acupuncture By The Lake | January 16-May 7th, 2024

- Assist With Acupuncture Clients
- Yoga W/ Youth with Disabilities
- Helping at Front Desk

FITNESS AND NUTRITION COACH

FIRE FITNESS BOOTCAMP | February 2023 - Present

- Coach Group Exercising (Class Size of 25)
- Prepare Exercise Programs
- One on One Nutrition Coaching
- Calculate Clients Macros & Energy Needs
- Customer Service
- Set up Gym For Workouts
- Youth Exercise Programming
- Listen and Empathize With Client About Barriers
- Demonstrate and Explain How To Perform Various exercises
- Assist Clients In Reaching Their Goals
- Helping Clients Find Their Motivation and Drive