

Liam Thompson

Fitness-focused counselor inspiring healthy habits

Fitness camp counselor with seven years of experience promoting physical wellness through dynamic activities and educational sessions.

CONTACT

 (123) 456-7890

 email@example.com

 LinkedIn

 San Diego, CA

KEY SKILLS

- Physical fitness training
- Health and wellness education
- Team sports coordination
- Group leadership
- Camper motivation

PROFESSIONAL EXPERIENCE

FITNESS CAMP COUNSELOR | ACTIVE KIDS CAMP, SAN DIEGO, CA
JUNE 2017 – PRESENT

- Design fitness circuits and group exercise classes for 30+ campers daily
- Teach nutrition basics to campers, increasing awareness of healthy eating habits
- Organize team sports tournaments, fostering camaraderie and sportsmanship

SPORTS INSTRUCTOR | COMMUNITY WELLNESS CENTER, SAN DIEGO, CA
SEPTEMBER 2015 – MAY 2017

- Coached youth soccer and basketball teams, achieving a 20% improvement in player performance
- Created engaging warm-up and cool-down routines to minimize injuries

EDUCATION

- Bachelor of Science (B.S.) in Kinesiology
San Diego State University, San Diego, CA | May 2017