

ANDREA MATLOCK

My goal as a trainer is to empower you with the knowledge and motivation you need to become more physically fit and achieve new and exciting goals that enhance your quality of life. I will encourage you to adopt realistic changes that will make physical activity and healthy eating a permanent part of your life. I will create a workout program tailored to fit your specific wants, needs and goals using a variety of tools, exercises and training techniques. My personalized training focuses on enhancing core strength and flexibility, helping with weight loss and preventing injury.

RELEVANT WORK EXPERIENCE

Personal Trainer, YMCA of Greater Saint Louis, 2007-Present

As a personal trainer at the YMCA, I work with men and women to lose weight, overcome obstacles, prepare for sporting events, and to simply spice things up. My clientele includes all ages and abilities. It ranges from people new to working out, to people trying but not succeeding at weight loss, to people needing motivation, to people just looking for something new and different. I work with clients who have chronic diseases or injuries, under the supervision of their doctors.

Grad. Assistant to Campus Recreation Fitness Coordinator, Baylor University, 2002-2004

As a GA at Baylor, I worked directly with the Fitness Coordinator of Baylor's 10,000 square foot fitness center, as well as assisted in management of Baylor's Student Life Center, a \$21 million facility, and Baylor's Marina. I managed fitness employee relations such as hiring, scheduling, training and supervision of 20-30 employees. I also oversaw fitness program implementation including fitness seminar series, personal training and aerobics.

Research Assistant, Curves International, Fall 2003

I served as a facilitator and trainer for a multiyear, multi-million dollar research study to examine the role of exercise and nutrition on women's health. I trained participants on the Curves equipment, oversaw their workouts, and led them through flexibility training.

Asst. Coordinator for MO State Senior Games, Show-Me State Games, Summer 2002

I assisted in coordinating the Missouri State Senior Games, an Olympic-style sports festival for over 1,000 senior athletes who are 50 years of age or older. I modified computer programs for athlete and volunteer databases to increase efficiency. I coordinated 300 volunteers for the four-day event and supervised headquarters, event-day operations, communication and risk-management.

Sports For Kids/Event Coordinator Intern, St. Louis Sports Commission, Spring 2004

I supported the St. Louis Sports Commission staff by assisting the acquisition of 400 volunteers for the Olympic Team Trials – Women's Marathon and the Spirit of St. Louis Marathon by creating promotional material and developing a plan for distribution.

Assistant After-School Program Director, Sunshine Ministries, Spring 2006

I assisted with program planning and execution for Sunshine Ministries inner-city after school program for children ages 11 to 15. I planned learning and computer skill activities, and organized indoor and outdoor play activities.

EDUCATION

2002-2004 M.S.Ed. in Sports Management

Baylor University, Waco, TX

2002-2004 B.S.E. in General Health, Human Performance, and Recreation

Baylor University, Waco, TX

Emphasis in Exercise Physiology

2001 Completion of Semester Abroad

Queen Mary and Westfield College, University of London, England

Emphasis in Business Management & Contemporary British History

MEMBERSHIPS AND AFFILIATIONS

AFAA certified, Personal trainer

Adult CPR/AED certified

The Journey Fellowship Church, Deacon

Queen Mary and Westfield Alumni Association, Soccer club alumnae

INTERESTS & HOBBIES

Weight lifting, Biking, Hiking, Reading, Music, Current events, Camping

References available upon request