

SHARI RUSSELL, CPT, LMT

745 Summersong Lane, Encinitas, CA 92024

858.414.2580

fitpro@ShariRussell.com

PROFESSIONAL PROFILE

Masterful fitness trainer and bodywork therapist with over 15 years' experience in the health and fitness industry.

OBJECTIVE

To provide support to patients in a physical therapy center by using a multitude of skills and practical knowledge in helping individuals live more active and vibrant lives and to maintain their achievements through development of empowering self care.

SKILLS

- Adept in blending deep tissue sculpting and passive joint therapy to effectively alleviate leg and pelvic girdle pain in athletes
- Experienced in treating muscle strain from improper alignment in office workers by applying strength and conditioning therapy
- Advanced at assessing causal patterns of specific and referred pain in clients
- Skilled in providing self-care technique education of soft tissue manipulation, proper motion and postural awareness for clients with spinal alignment issues

EXPERIENCE

Owner/Trainer/Therapist

Performance Fitness & Bodywork, Encinitas, CA

1999-present

- Developed specialized individual fitness plans to diminish pain of degenerative disc disease
- Decreased emotional and physical stress related neck tension through neuromuscular and passive joint therapy
- Assisted in runner's marathon PR by using structural integration to re-align medial arch

Personal Fitness Trainer / Group Fitness Director & Instructor / Wellness Coach

The Sporting Club at Aventine, San Diego, CA

1999-present

- Instructed a variety of weekly classes and workshops in flexibility, foam roller self care, core strength development and cardiovascular fitness to groups of 10-50 people
- Coordinated multiple aspects of a 2500 member facility group fitness program including designing monthly class schedule, advertising, budgeting, payroll, resolving member issues and revenue program development
- Managed a staff of over 40 part-time employees while conducting over 30 personal training sessions per week

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Education

International School of Bodywork, San Diego, CA - Holistic Health Practitioner, 2012
Clemson University, Clemson, SC - Bachelor of Science Financial Management, 1991

Certifications

National Certification Board for Therapeutic Bodywork 2012
California Licensed Massage Therapist 2010, Massage Technician 1999
American College of Sports Medicine Personal Trainer 1999
American Council on Exercise Group Fitness Instructor 1993

References available upon request