

# Rachel Colassi

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## Objective

- To take my passion for health and fitness and use it to help others gain the knowledge and experience to transition into a healthy lifestyle.

## Education

### **BS IN NUTRITION AND EXERCISE SCIENCE | DECEMBER 2019 | ROWAN UNIVERSITY**

- Related coursework: Nutrition for Fitness, Exercise Prescription, Exercise for Special Populations

### **BS IN NUTRITION | INCOMPLETE 2014-2016 | WEST CHESTER UNIVERSITY**

- Related coursework: Basic Nutrition, Lifecycle Nutrition, Biology

## Related Experience

### **ROWAN GET FIT PROGRAM**

- Think a document that looks this good has to be difficult to format? Think again! To easily apply any text formatting you see in this document with just a tap, on the Home tab of the ribbon, check out Styles.

### **SHADOWING A PERSONAL TRAINER AT EDGE FITNESS, LLC**

- Some of the sample text in this document indicates the name of the style applied, so that you can easily apply the same formatting again. For example, this is the List Bullet style.

### **PUBLIC REALTIONS LEADER OF ALPHA SIGMA ALPHA SORORITY**

- You delivered that big presentation to rave reviews. Don't be shy about it now! This is the place to show how well you work and play with others.

## Experience

### **EDGE KIDS SUPERVISOR | THE EDGE FITNESS CLUBS | MARCH 2018-PRESENT**

- This is the place for a brief summary of your key responsibilities and most stellar accomplishments.

### **SALES REPRESENTATIVE | TA DAH CLOTHING BOUTIQUE | MAY 2017-FEBRUARY 2018**

- This is the place for a brief summary of your key responsibilities and most stellar accomplishments.

### **SERVER | PB'S DINER AND TAP ROOM | DECEMBER 2016-MAY 2017**

- This is the place for a brief summary of your key responsibilities and most stellar accomplishments.

## **Certifications**

**AMERICAN RED CROSS CPR, FIRST AID AND AED, ADULT AND PEDIATRIC | 2017-PRESENT**

**BLOOD PRESSURE SCREENING | 2019**