

RYAN CASOLO

ACSM Certified Personal
Trainer and Fitness
Consultant

CONTACT INFORMATION:

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OBJECTIVE:

Grateful, tireless, motivated worker seeking to apply experience and knowledge in hope of making a meaningful impact on individuals quality of life.

Eager to join a team with aligning values to increase the number individuals reached and improve results of physical activity intervention through a collaborative effort

AMBITIONS:

- Make wellness accessible for all
- Take a personalized approach to every individual to maximize physical activity benefits while increasing opportunity for adherence to lifestyle change
- Provide science based information and recommendations while challenging trends and pseudoscience

INTEREST AND ACTIVITIES

Nutrition and Agriculture-
Community nutrition, Urban Agriculture,
Permaculture

Sports-
Sports psychology, Sport sociology, Soccer

Transportation -
Licensed Motorcyclist, Horseback riding,
Skiing/Ice skating, Running

REFERENCES

Available Upon Request

EDUCATION

Miami University, Oxford, OH | 2014-2018

Bachelor of Science, Liberal Studies Major

- Kinesiology and Entrepreneurship Concentrations
- Focus on Gerontology
- Study abroad-Berlin, Germany and San Salvador, Bahamas

Ridgefield High School, Ridgefield, CT | 2010-2014

PROFFESIONAL EXPERIENCE

Strength and Condition Coach | October 2019-Current
Team Excel Soccer, Ridgefield CT

- Developed fitness programs for players and coaches
- Conducted Group fitness courses for high school athletes
- Managed marketing and sales for player programs

Sales Excecutive | December 2018- August 2019

Total Quality Logistics, Portland OR

- Trained under the soon to be promoted sales manager
- Oversaw account during transition period
- Total revenue exceeded proving ground target by 19.4%

Scum Project Management | August 2017- December 2017

Nikki Martinkovic Textile Design Studio, Oxford OH

- Conducted market research for a textile design startup
- Worked in a team utilizing scrum framework
- Presented research to CEO and COO

Account Executive Assistant | June 2017- August 2017

Skylands Insurance Group, Netcong NJ

- Assisted sales team during management transition
- Mediated with insurance providers and clients
- Helped with daily office operations

SKILLS AND CERTIFICATIONS

Certifications:

- ACSM Certified Personal Trainer
- AHA Basic First Aid, CPR and AED Certification

Digital Skills:

- Microsoft Suite- Outlook |Word |Powerpoint |Excel
- Mac OS
- Google Drive Product suite-Experience with PPC advertising and AB testing

COMMUNITY INVOLVEMENT

Sigma Phi Epsilon/Philanthropy Council | February 2015-December 2017

- Suicide Prevention Campaign

Nourish International | August 2016-May 2018

- Raised money to combat hunger through entrepreneurial ventures