

# JILL COLEMAN

WWW.JILLFIT.COM

## OBJECTIVE

Use my fitness expertise, modeling and personal training experience to further develop my professional objectives, while facilitating the success of those companies with whom I partner in future fitness endeavors.

## EDUCATION

### Wake Forest University, Winston-Salem, NC • BS 2003

- BS in Health & Exercise Science

### University of Bridgeport, Bridgeport, CT • MS 2009

- MS in Nutrition

## EXPERIENCE

### Owner of JillFit Physiques, Personal Training • September 2002 – present

- ACSM-certified personal trainer, physique prep specialty
- Trained over 10,000 workouts in past 8 years, currently 25 clients, including several figure/bikini competitors
- Experience includes figure competition/bodybuilding training, marathon/triathlon preparation, professional MMA conditioning, professional Moto-cross racing prep, and collegiate athletic training

### Natural Physique Competitor and Fitness Model • June 2006 – present

- WNBF and IFPA Pro Figure competitor, Level 4 FAME Fitness Model
- Modeling experience includes 4 covers of national magazines: Fitness Management October 2008, OnFitness Magazine May/June 2007 & July/August 2009, Fitness & Physique Winter 2007; featured in Natural Bodybuilding & Fitness Magazine, Metabolic Effect Inc marketing/promo, Workout 180 marketing/promo, Champion Activewear product development and signed with Directions USA Modeling in North Carolina

### Director of Instructor Training, Metabolic Effect™ Inc • November 2005 – present

- Developed Instructor Training curriculum for licensed group fitness company
- Master Level Instructor: coordinate and train new instructors to effectively teach this cutting-edge group personal training format

### Fitness Coordinator, Wake Forest University • June 2004 – present

- Manage student/faculty/staff Fitness Center, Group Fitness program and Personal Training program; train new group fitness instructors and personal trainer
- Conduct Fat-loss seminars for community and lecture for groups on the how-to and the benefits of clean eating and efficient exercise for fat-loss

### Creator/Author, My Gym Trainer book series • Published December 2009

- Created 3 fitness books (beginner, intermediate, advanced) featuring removable workout “cards” that can be taken to the gym
- Website: [www.mytrainerfitness.com](http://www.mytrainerfitness.com)

## SKILLS

### Freelance Writer

- Contributing writer for OnFitness magazine: published articles include: How to Train for Women’s Trouble Spots, Women should Lift—and Heavy, 360 Degree Glute/Shoulder Training, 10 Killer Treadmill Workouts, Results-based Cardio Training, The Ultimate 20-min Workout, The

Science of EPOC, Succeed at Failure, 5 Supplements You Can't Do Without, Do anywhere 5-min Workouts, Lose Fat at Will, Treat ADHD Naturally, Sugar Addiction, Nutrition for Performance

- Metabolic Effect Blog, contributing writer: [metabolicscience.wordpress.com](http://metabolicscience.wordpress.com)
- **Metabolic Effect™ Rest-based Training-certified**
  - Use the cutting-edge concepts of rest-based density training to give clients a quick, efficient fat-loss workout: minimizes time and maximizes results
- **AFAA-certified Group Fitness Instructor**
  - Teach all of the following: Group Cycling, Cardio Kick-box, Step Aerobics, Yoga, Pilates, Metabolic Effect™, Group Toning
- Superior verbal and interpersonal skills; computer skills include proficiency in MS Word, Excel, Power Point, Outlook, Dreamweaver, Wordpress, Blogspot
- Social Networks include Facebook, MySpace, Twitter (@JillFit), LinkedIn

