

Mitzi Collinsworth

Education and Certifications

Bachelor of Science in Nutritional Science emphasis on Dietetics
University of Arizona, Remote (online) Tucson, AZ –begin Fall 2021

Master of Arts in English emphasis Technical Communication
Minnesota State University, Mankato, MN

Bachelor of Arts in Communications emphasis Elementary Education, Minor in Music
University of Northern Colorado, Greeley, CO

American Council on Exercise (ACE) Certified Personal Trainer (Current)

International Sport Sciences Association (ISSA) Certified Specialist in Fitness Nutrition (Current)

Health Education Experience

Owner/Fitness and Nutrition Professional Consultant/SEO Content Writer, January 2019-Present
Healthy Humanitarian, Online/In-person, Remote US and Greater San Diego Area

- *Healthy Humanitarian fitness and nutrition training business owner*
- *apply twenty-eight years of experience creating meal plans/programs, training clients in-person/virtual, and creating research-based SEO blog articles*
- *manage all marketing, billing, and bookings through my website*
- *educate people on achieving a healthy body and mind by maintaining realistic goals, consistency in daily physical routines, and consuming a moderate diet*
- *maintain a 100% success rate with all clientele*

Nutrition Coach/Onboarding Specialist, September 2018-July 2020
Lifetime Fitness–Dallas Athletic, Dallas, TX

- *conducted member initial consultations for their nutrition and fitness needs*
- *provided guidance through carefully designed meal plans, recipes, and structured fitness plans*

Fitness Manager Level III/District Captain/Corporate Foundations Educator, September 2014-June 2017
24 Hour Fitness, Northern San Diego Area

- *managed between twenty to thirty fitness professionals*
- *successfully led a team to maintain and exceed sales goals through excellent service and creating a community with our members*
- *transformed a failing team from 40% to budget to 136% to budget less in less than 60 days*
- *mentored twelve fitness managers in my district through weekly phone meetings and in-person appointments*
- *onboarded new fitness professionals in two-day in-service programs to prepare them for club integration*

Owner/Fitness Professional Consultant/SEO Content Writer, May 2012-August 2014
All Natural Living Blog/In-person, Northern San Diego Area

- *All Natural Living fitness and nutrition training business owner*
- *educated local community members how to achieve fitness*
- *trained individual, partner, and small group sessions*
- *created a newsletter and blog as an educational resource to support the client experience*

Group Fitness Instructor/Personal Trainer, 1997-2000
Lynmar Health Club, Colorado Springs, CO

Group Fitness Instructor/Personal Trainer, 1995-1997
Work Out West, Greeley, CO

Assistant Manager/Group Fitness Instructor/Personal Trainer, 1993-1995
Windsor Town Pump, Windsor, CO

Skills and Certifications

- PTA Global Personal Training Bridging Course, Behavior Change in Exercise Credential, Exercise and Stress Management Credential
- TRX Suspension Training Course and Certification
- Total Gym-GRAVITY Foundation Certification
- Expert in elderly, injury, special diseases and limitations, weight loss, novice members, physique training, strength training, athletes, youth, and running programs

Achievements

- 24 Hour Fitness Anthem Award, 2015
- 24 Hour Fitness Employee of the Year, 2016
- USAPL Texas Record holder MA 1A/B (47kg), First Place Southern Regional Div, Qualified for Nationals

Technical Writer Experience

Remote Technical Writer Internship, September 2020-December 2020
Water Resource Center at Minnesota State University, Mankato, MN

- *worked for Kimberly Musser, Director of the WRC, as a writing partner*
- *completed a series of documents, press releases, grant proposals, presentations, an extensive case study template, and an accompanying summary document overview*
- *documents focused on the WRC regional conference and to create the best practices "how-to guide" for incoming water quality employees to develop successful campaigns*

Remote Webpage Assistant/Technical Writer, July 2020-September 2020
Institutional Review Board (IRB) at Minnesota State University, Mankato, MN

- *worked for Mary Hadley, Director of the IRB, as a technical writer/editor*
- *improved and updated the IRB MNSU website communications*
- *updated IRB submission protocol instructions on several website pages for graduate students to access, matching the main IRB website's current criteria*

Remote Webpage Assistant/Technical Writer, April 2020-July 2020
College of Graduate Studies at Minnesota State University, Mankato, MN

- *worked for Chris Mickle, Director of Graduate Studies*
- *prepared technical communication for the summer and fall graduate students*
 - *website user testing*
 - *editing/proofreading*
 - *creating instruction pages*
 - *creating and managing multiple databases for concurrent graduate course enrollment for both summer/fall*
 - *managing course submission applications*
 - *creating coinciding databases streamlined for consistency*

Education Experience

Elementary School Teacher, July 1998-May 2000
Edison Elementary Partnership School, Colorado Springs, CO

- *worked alongside a talented teaching team opening a brand new school*
- *partnership school giving lower socioeconomic communities access to better education in an affluent neighborhood*
- *all children attended small reading groups according to their current reading level*

Elementary Music/Reading Teacher, August 1997-June 1998
Prairie Hills Elementary School, Colorado Springs, CO

- *served as a co-music teacher for an elementary school, teaching music fundamentals to grades K-5*
- *co-created three large-scale musical performances for different grade levels throughout the year*
- *assisted the reading department as a part-time reading teacher to the fifth-grade level*