



NEC VILLALON

Fitness Coach

PROFILE

Enthusiastic Fitness Coach specialized in women's training and sports nutrition, with a focus on designing personalized programs that enhance strength, endurance, and flexibility, while my nutritional plans optimize athletic performance and support clients health goals. My mission is to empower women by providing the education and support needed to achieve a healthy and balanced lifestyle.

CERTIFICATION

FITNESS & HEALTH INSTITUTE
AIEP/2024

WOMEN TRAINING SPECIALIST

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AIEP/2024

TRAINING PROGRAMMING FOR WOMEN

FITNESS & HEALTH INSTITUTE
AIEP/2024

SPORT NUTRITION

WORK EXPERIENCE

NYBFITNESS | Personal Fitness Trainer
Jan 2023 - Present

Developed and implemented a comprehensive weight management program, combining exercise, nutrition and behavior modification strategies, resulting in clients achieving sustainable weigh loss and improved health.

Conducted and created fitness personalized workout plans based on client's goals and fitness levels ensuring progress and continuous improvement.

NYBFITNESS | Virtual Fitness Trainer
Jan 2023 - Present

Implemented virtual training programs using video conferencing platforms, allowing clients to engage in fitness sessions remotely and maintain their excises routines from home.

ACHIEVEMENTS

Throughout my career, I have helped many women improve their habits and change their lifestyle to a healthier one by creating personalized training and nutrition plans for each of them and their various goals, resulting in an improvement in their mood, physical condition, and quality of life.

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SKILLS

FITNESS CONSULTING

WELLNESS

NUTRITIONAL GUIDANCE

WEIGHT TRAINING

STRENGTHS

REALISTIC GOAL SETTING

Aided clients in creating realistic goals and developing an efficient training plan to achieve them.

MOTIVATION

Inspired & encouraged clients to stay committed to their goals and maintain a positive mindset throughout their journey.

MONITORING SKILLS

Provided personal evaluations for clients, enhancing fitness plan efficiency and satisfaction.

LANGUAGES

SPANISH Native

ENGLISH Advanced