

Jennifer Pilotti

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Education/certifications:

- **Master of Science in Human Movement**, A.T. Still University, 2012
- **Bachelor of Science in Exercise Science**, physiology emphasis
University of California, Davis, June 2002
- NASM Corrective Exercise Specialist certified
- CPR/AED certified
- FRC MS certified
- GMB Trainer certified
- MovNat level I certified (level II in progress)
- RYT 200
- Post graduate courses in PRI respiration, myokinematics, pelvis restoration, and impingement and instability
- Post graduate courses in Dynamic Neuromuscular Stabilization
- Post graduate course Upside of Stress, Stanford University
- Post graduate course The Freelancer's Life, Stanford University
- Author of "Body, Mind, Movement: An evidence based approach to mindful movement, 2020"

Relevant Experience:

Movement educator and owner, Be Well Personal Training (12/07-current)

- Market, schedule, and bill clients
- Work with wide range of ages and abilities, including children, college athletes, and seniors
- Manage 1700 square foot boutique training studio
- Design specified and periodized exercise programs
- Teach small group classes
- Teach continuing education workshops for new and experienced personal trainers
- Mentor and provide internship opportunities for recent college graduates in the field of personal training
- Maintain website and social media, including blog, Instagram, and Facebook
- Contribute articles to Breaking Muscle, Mind Body Green, and Think Movement on a variety of wellness and fitness topics

Lecturer, Naval Postgraduate School

- Lecture on wellness topics, including sleep, exercise, and general wellness to NSLS participants through the Center of Executive Education
- Teach yoga, wellness, and self care techniques to NSLS participants
- Provide support to executives in the navy on the topic of wellness
- Perform one-on-one sessions with executives to increase awareness on wellness habit

Personal Fitness Trainer, Beach & Tennis Club, Pebble Beach, CA (8/02-12/07)

- Schedule and manage an average of 36 clients per week
- Design and implement individualized exercise programs for a wide variety of individuals including sports specific programs, post rehabilitation, osteoporosis prevention, and novice exercisers
- Teach group exercise classes, including group cycling and sculpting/stretching
- Write and design the monthly fitness newsletter
- Write articles for the Beach Club newsletter "The Nautilus"
- Develop and run Fitkids camp to increase exercise participation in children
- Assist with developing and running Group Exercise program

Exercise Technician, Sutter Healthy Weight, Davis, CA (4/02-8/02)

- Designed unique cardiovascular programs for overweight individuals participating in weight management program

- Utilized knowledge of working with diseased populations to choose a safe and effective exercise program
- Designed incentive programs to motivate members
- Researched and posted information surrounding the benefits of exercise
- Measured blood pressure and heart rate

Adult Fitness Program, UC Davis, CA (1/02-8/02)

- Prepared clients for resting and exercise ECG's
- Performed pulmonary function tests on clients using a spirometer
- Used a variety of methods to determine body fat, such as calipers and hydrostatic weighing
- Assisted in performing maximal and sub-maximal cardiovascular tests

Intern, Cornerstone Fitness, El Dorado Hills, CA (6/01-8/02)

- Lead new member orientations, and pre-screened individuals for heart disease using health questionnaires and taking resting blood pressure
- Developed an exercise binder for members
- Taught a variety of exercise classes
- Helped initiate an outreach program for production workers

References available upon request