



ALEXANDRIA ANDERSON

Holistic Instructor

A BIT ABOUT ME

As a personal trainer and meditation instructor, I am here to help my clients achieve their fitness goals and live their best lives. My mission is to bring a holistic experience that integrates training for the mind, body and spirit. With this approach customized for the unique individual, you will unlock your full potential in the gym and in life.

SKILLS & EXPERTISE

- Core & Balance
- Strength Training
- Weight loss
- Resistance Band
- Flexibility and Mobility
- Muscular Definition & Toning
- Posture
- Kettlebells
- Myofascial Release
- Sports Performance Training
- Functional Training
- TRX
- Nutrition
- Meditation and Mindfulness
- Stress Reduction
- Cardiovascular Training
- Injury Prevention

CONTACT DETAILS

512-394-4513
info@essentialfitnessatx.com
www.essentialfitnessatx.com

CERTIFICATIONS

- ACE Certified Personal Trainer
- Open Heart Project Meditation Instructor

JOB HISTORY

ESSENTIAL FITNESS ATX

Owner/ Lead Trainer /Meditation Instructor
December 2018 - Present

- Develops fitness plans based on clients' needs & schedule
- Tracks & assesses client progress to adjust fitness plans
- Provides 1-on-1 training, small group fitness & beginner meditation class
- Provides educational & fitness workshops, workouts parties & fitness amenities for condo/apartment complexes

NIKE PROFESSIONAL ATHLETE

Track & Field Sprinter/Spokesperson
June 2009- August 2017

- Excelled in worldwide competitions representing the NIKE brand
- World Champion Gold and Silver Medalist from 2009-2015
- Make appearances in commercials, print media and company website modeling NIKE brand apparel to help drive sales
- Met with NIKE top executives to give reviews and suggestions on Olympic footwear, spikes, and apparel
- Regularly utilize social media applications to promote new NIKE Products

CAMP GLADIATOR PARTNER TRAINER

Group Fitness
April 2018 - Present

- Program and develop fitness plans based on functional training & weekly fitness goals
- Met with campers individually to learn fitness goals, and set personal workout plans
- Track & assesses campers progress to adjust fitness plans

EDUCATION

UNIVERSITY OF TEXAS AT AUSTIN

Major in Communication Studies w/focus in Corporate Communications

- Graduated 2009
- Part of the Women's Track & Field Team, Two time NCAA champion