

# John B. Ennie

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## EDUCATION:

### Bachelor of Arts

*Saint John's University, Collegeville, MN*

Major: Exercise and Health Science, Minor: Nutrition

Anticipated Graduation: May 20XX

GPA:3.7/4.0

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## EXPERIENCE:

### Equipment Room Assistant

*SJU Athletics Department, Saint John's University, Collegeville, MN*

January 20XX - Present

- Ensure safety of patrons while assisting with proper set-up and take-down of equipment for events.
- Support 250+ athletes and department by efficiently stocking inventory and organizing storage room.
- Manage distribution of practice gear and utilize Microsoft Excel for inventory tracking.

### Fitness Instructor

*Orangetheory Fitness, St. Cloud, MN*

August 20XX- December 20XX

- Taught group and individual fitness classes for 15 clients while promoting a positive and motivating environment during HIIT, Pilates, and yoga sessions.
- Supported the health and wellness of clients through open communication and providing resources.
- Created individualized exercise plans designed to steadily improve the endurance of clients.
- Ensured safety rules and regulations were followed by clients while using equipment.

### Wellness Program Intern

*CentraCare BLEND Program, St. Cloud, MN*

May 20XX - August 20XX

- Educated children and families on healthy lifestyles and nutrition through monthly workshops.
- Assisted with recruitment, scheduling, and organization of over 200 volunteers for the annual Apple Duathlon and Earth Day Half-Marathon.
- Demonstrated professionalism and exceptional interpersonal relation skills when communicating with children, families, and coworkers over email, social media, and via phone.

### Culinary Service Assistant

*McGlynn's, College of Saint Benedict, St. Joseph, MN*

August 20XX- December 20XX

- Collaborated with team of 15 co-workers to provide quick and convenient service to customers.
  - Ensured food safety and community health measures were met by regulating food temperatures and adhering to cleanliness standards.
  - Efficiently prepared healthy food items for customers and answered customer questions.
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## CAMPUS AND COMMUNITY INVOLVEMENT:

**Intramural Volleyball**, *College of Saint Benedict, St. Joseph, MN*

January 20XX- Present

- Demonstrate good sportsmanship, collaborate as a team, and create a fun environment to play.

**Allied Health Club Member**, *College of Saint Benedict, St. Joseph, MN*

December 20XX- Present

- Develop relationships and network with other students, alums, and employers in health-related fields.

**Peer Resource Program Participant**, *College of Saint Benedict, St. Joseph, MN*

January 20XX- May 20XX

- Led team-building activities including wilderness trips, challenge courses, and campus events for groups of 35 students.

**Health Advocate**, *College of Saint Benedict, St. Joseph, MN*

December 20XX- May 20XX

- Educate women on healthy choices throughout their college experience.
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**TECHNOLOGY SKILLS:** Microsoft Office (Outlook, Excel, Word, PowerPoint, Teams), Zoom