

Jennifer M. LaBaw

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[www.afitplace.com](http://www.afitplace.com)

**EDUCATION**

Bachelor of Arts in **Physical Education: Fitness and Wellness**, May 2004 with honors  
Cornell College Mt. Vernon, IA GPA 3.61

**Endorsements and Certifications**

- NSCA Certified Personal Trainer
- CPR/AED/First Aid – April 2010
- Coaching Authorization

**Academics**

- Nominated for Senior Award 2004
- Mortar Board 2003-2004
- Dean's list each semester
- Ray and Margaret Cook Award in Physical Education (academic excellence, character, and career promise) 2003
- Academic all conference soccer, softball, and track

**Continuing Education**

- HK Exercise Anatomy 2<sup>nd</sup> Edition 2008
- HK Starting a Fitness Business 2008
- Sports Specific Training Symposium 2007
- Essentials of Weight Training 2007
- HK Performance Nutrition 2006

**INTERNSHIP**

**Del E. Webb Wellness and Rehabilitation Center Kingman, AZ June 2003**

- Worked as a physical therapy assistant and observed duties of personal trainers and nutritionists
- Participated in providing the following elements of patient care:
  - > strength and cardiovascular training and monitoring of patient response
  - > initial evaluation and special testing by supervising therapist
  - > balance retraining and neuromuscular re-education
  - > core strength/challenge training, aquatic therapy
  - > wellness screening and assessment, dietary management, professional personal training

**WORK EXPERIENCE**

**Personal Trainer**

A Fit Place [www.afitplace.com](http://www.afitplace.com) March 2008-Present

- Business Owner
- Provide cardiovascular, resistance, and stretching programs specific to individual goals and needs
- Remotely provide individualized fitness programs via the web and phone
- Provide nutritional guidance
- Provide accountability, motivation, and knowledge to help others achieve their fitness goals.

**Water Ski Specific Personal Trainer**

Face To Face Tour [www.facetofacetour.com](http://www.facetofacetour.com) May 2008-Present

- Provide water ski specific training to a wide variety of abilities and backgrounds
- Provide warm up, resistance, cardiovascular, and stretching programs for water skiers

**Fitness Manager**

New Castle Family Fitness New Castle, CO July 2006-April 2008

- Develop an organized fitness department
- Create an orientation/health assessment procedure
- Supervise personal training staff
- Track and analyze personal training monthly production

**Personal Trainer**

New Castle Family Fitness New Castle, CO August 2005-April 2008

- Provide cardiovascular, resistance, and stretching programs specific to individual goals and needs
- Administer initial evaluations and health assessments
- Provide nutritional guidance
- Provide motivation, accountability, and knowledge to help others achieve their fitness goals

**Physical Therapy Aide**

Valley View Hospital Glenwood Springs, CO January 2006-March 2008

- Assist therapists with patient care, including:
  - > strength and cardiovascular training and monitoring of patient response
  - > modalities of patient care: ultrasound, electrical stimulus, moist heat, and manual therapy
  - > initial evaluations
  - > balance training and re-training
  - > customer service and patient paperwork

**Personal Trainer**

Aspen Athletic Club Cedar Rapids, IA August 2004 – July 2005

- Provide cardiovascular, resistance, and stretching programs specific to individual goals and needs
- Administer initial evaluations and health assessments
- Provide nutritional guidance
- Provide motivation, accountability, and knowledge to help others achieve their fitness goals

**ATHLETIC EXPERIENCE**

- Colorado Marathon, 5<sup>th</sup> overall woman, Boston Marathon qualifier, May 2007
- Denver Half Marathon, 3<sup>rd</sup> in age group, October 2006
- Awarded **Sportswoman of the Year**, 2004
- **Cornell College Women's Soccer**, team captain 2003-2004. First team all-conference 2002-2003. Four-year letter winner.
- **Cornell College Track and Field**, team captain 2002-2004. First team all conference 2003,2004. Three-year letter winner.
- **Cornell College Softball**, 2001. One-year letter winner.

**Student Athletic Advisory Committee (SAAC)**

- Women's Soccer Representative 2001-2004
- Executive Counsel Member 2003-2004

**VOLUNTEER EXPERIENCE**

- Coal Ridge High School Baseball Program Strength and Conditioning Coach, 2007-2008
- Coal Ridge High School Speed and Agility Camp Coordinator/Coach, 2007
- Rifle High School Assistant Women's Soccer Coach, 2005-2006