

Heather Lachance
c:(727)-537-9854 e: heather@madepossiblept.com

EDUCATION:

BA Clinical Psychology/ Focus in Exercise Science and Healthy Living

Keene College, 2009

Certified Personal Trainer, National Academy of Sports Medicine (NASM) 2010

WORK EXPERIENCE:

Owner/Operator– May 2010-Current

Made Possible Personal Training

Southern Pines North Carolina/ Saint Petersburg, Florida USA

- Responsible for all advertising including business card design, rack card design, website design Responsible for hiring, training, payroll, sales reports, of all personal trainers on board.
- Programmed for 40+ clients on a weekly basis
- Taught small group personal training
- Payroll for personal trainers on staff
- Taught small group personal training
- Weekly email updates to the business large client base with motivation, research, and nutritional guidance

Assistant Strength Coach/ Assistant Athletic Director – January 2016-September 2016

Kings College- www.kingscollege.school.nz

Auckland, New Zealand

- Assist in programming and leading performance workouts.
- Implement mobility, strength, endurance, and injury prevention.
- Assist the Head of Sport to prepare teams for competition by scheduling practice and competition times, transportation, and payment of sports coaches.
- Assist the Head of Sport in coaching physical education classes for a better understanding of the human body.

Personal Training Director – August 2014-June 2015

Crunch Fitness- www.crunchoaklandpark.com

Oakland Park Florida, USA

- Responsible for hiring, training, payroll, sales reports, of all personal trainers on board.
- Sold the most personal training in the company
- Retained the highest % retention rate in the company.
- Programmed weekly for a clientele base of over 20

Owner/Operator- May 2011-July 2014

FitCo Kids LLC

- Southern Pines North Carolina, USA
- Coming up with fun, interactive ways to teach children basic nutrition
- Designed website, business cards, logo
- Attained community events for advertising
- Taught weekly at the local boys and girls club
- Designed and furnished a child safe gym area.

ADDITIONAL EDUCATION:

- **Certified Corrective Exercise Specialist NASM** January 2011
- **Fitness Nutrition Specialist NASM** May 2013
- **Reflective Performance Reset, Level 1, 2017**
- **Perform Better Functional Training Certified February 2013**
- **Women's Fitness Specialist NASM March 2013**
- **Youth Exercise Specialist NASM March 2013**
- **First AID/AED Certified** February 2009-current

VOLUNTEER:

SPCA TAMPA BAY, 2018-Present

Community Education Committee, 2019-Present

American Bone Health (ABH), Healthy Bones Tampa Bay. <https://americanbonehealth.org/hbtb/about-hbtb/>