

**Heather Lachance**  
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**WORK EXPERIENCE:**

**Owner/Operator**– May 2010-Current

**IMPossible 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 Head of Sport** – January 2016-September 2016

**Kings College**- [www.kingscollege.school.nz](http://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](http://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.

**EDUCATION:**

- **BA Clinical Psychology/ Focus in Exercise Science and Healthy Living** August 2005-May 2009
- **Studied abroad at Bond University, Gold Coast Australia** (August 2008 December 2008)
- **Certified Personal Trainer NASM** February 2010
- **Certified Corrective Exercise Specialist NASM** January 2011
- **Fitness Nutrition Specialist NASM** May 2013
- **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

References Available on request