



Example of Health Fitness Specialist Job Description

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Our company is growing rapidly and is looking for a health fitness specialist. To join our growing team, please review the list of responsibilities and qualifications.

Responsibilities for health fitness specialist

- Proactively reach out to participants to enroll in coaching program
- Contact participants to assess health, tobacco usage, fitness levels, nutrition, and other areas of concerns using a variety of assessment techniques
- Based on assessments, coach and problem solve with participants to identify and address specific goals to support health and behavior change
- Establish ongoing relationships with participants and offer support and guidance in establishing behavioral goals and implementation plans to reach new goals
- Meet with participants telephonically on a regular basis to review progress, refine goals, explore challenges, and provide guidance using motivational interviewing techniques to overcome barriers
- Manage dedicated caseload of participants on a predetermined schedule for coaching sessions
- Maintain accurate and detailed electronic documentation of all participant progress and communication
- Be familiar with clients' benefit offerings and make referrals to other Well-Being improvement programs as appropriate
- Review biometric screening data such as height, weight, BMI, and other tests to measure progress toward goals
- May assist with inbound inquiries and customer service problems via telephone, live chat, and/or email

Qualifications for health fitness specialist

- Personal Training certification from ACE, ACSM, AFAA, NSCA, or NASM preferred, but required within 60 days of hire
- Bachelor's degree in a related field (Kinesiology, exercise science,) is required
- Ability to instruct multiple group exercise formats preferred
- Bachelor's degree in a related field (Kinesiology, Exercise Science, Health Promotion, etc)
- 1+ years health coaching experience strongly preferred