

KIMBERLY J. WESTON



ADDRESS
522 West Surf Street, 3-5, Chicago, IL 60657



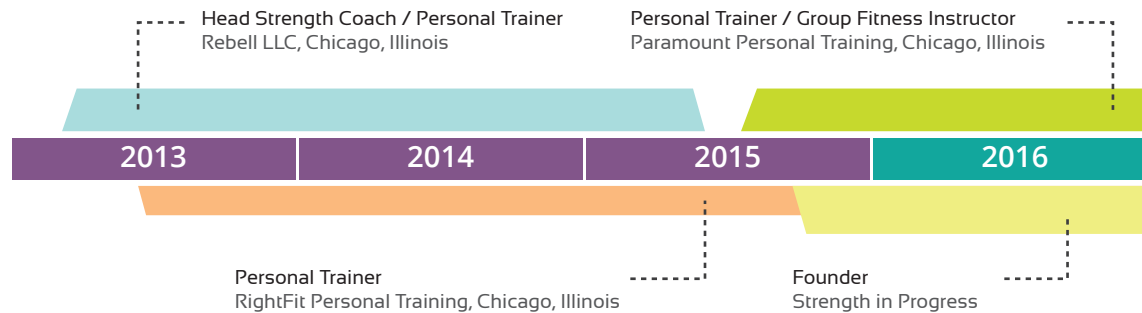
EMAIL
kimberly@strengthinprogress.com



PHONE
216-870-1891

Provide sustainable fitness and health options to individual and small groups through behavioral coaching, progressive programming, and exploring physical and emotional fortitude, primarily in recovery from trauma, misuse, or neglect through a strength training modality.

EXPERIENCE



Founder
Strength in Progress

2015 - PRESENT

CREATED TO FILL THE VOID OF:

Personal Trainer / Group Fitness Instructor
Paramount Personal Training, Chicago, Illinois

Work closely with co-owners in program design, client care, and facility management. Highlights include: Becoming the go-to Logan Square movement geek for previously injured clients through the advent of study groups and learning exchanges with trainers, healers, and the medical community of Chicago including physical therapists, chiropractors, and doctors and making donation-based classes while simultaneously creating partnerships with local nonprofits.

2015 - PRESENT

Personal Trainer
RightFit Personal Training, Chicago, Illinois

Responsibilities include assessments, program design, and guiding clients who may be unable to travel to conventional gym spaces through fitness sessions.

2013 - PRESENT

Head Strength Coach / Personal Trainer
Rebell LLC, Chicago, Illinois

Created the Standard Operating Procedures office management manual for start-up entity including shift responsibilities, training for new employees, and new client on-boarding. Immediately established reputation for quality leadership and continuing education through instruction of the top city-based personal trainers in modern training techniques including kettlebells, barbell, and restorative exercise while elevating the programming standard of excellence which remains.

2013 - 2015

AFFILIATIONS

- 2015-PRESENT** The Breathe Network
Practitioner, providing trauma-sensitive care to survivors
- 2014-PRESENT** The Neurokinetic Therapy
Certified Practitioner Level 2, muscle testing and application
- 2014-PRESENT** Lakeview East Food Pantry
Truck Crew, unload and stock thousands of pounds of food
- 2013** National Association of Professional Women
Mentor, advisor to young ladies
- 2012-PRESENT** StrongFirst Gyras & Lifters
Member, teaching for the premier school of strength
- 2012-PRESENT** National Academy of Sports Medicine
Member, fitness accreditation

ACHIEVEMENTS

- March 2014** Northwestern Athletic Department Presenter
Presented fundamental skills of strength & conditioning in kettlebell, bodyweight, and mobility to the entire strength and conditioning staff for implementation to their student athletes.
- 2013-2016** Community Service Leader
Volunteering over 260 hours of woman power unloading cargo while organizing and participating in events which raising over \$15,000 for various Chicago charities.

ADDITIONAL SKILL SETS

- Original Strength, Functional Movement Screen, Foundational Strength, Animal Flow, TRX, Bodyweight, ViPR, Cadaver Lab survival
- Client maladies include: lumbar disk degeneration, post surgical rehab, chronic pain, eating disorders, obesity, loss of mobility, addiction, and trauma