

# CHRIS KROGEDAL

## OBJECTIVE

To obtain a position assisting persons with wellness and physical fitness needs and participate as a productive team member in a diverse setting where integrity and excellence are utmost.

## HIGHLIGHTS OF QUALIFICATIONS

- 20+ years of customer service and sales experience
- Experience in providing client wellness services
- Excellent verbal and written communications skills
- Proficient with inbound/outbound client contact
- Disciplined to working under pressure and under a required time frame
- Detail oriented team player

## PROFESSIONAL EXPERIENCE

**Fitness Appraisal, LLC** – Director 2014 to present

- Manages all aspects of the business as well as conducts on-site health/fitness evaluations and consultations.

**Health Concepts Safety Training Center** – Instructor/Owner 2011 to present

- Provides quality education to better our community through life saving skills. Establishes successful client contact through inbound/outbound calls to identify client needs. Maintains rapport with clients and succeeds in customer retention by ensuring client's trust.

**AZ Certified Peace Officer** - Police Officer 2003 to 2012

- Instructed police recruits in course material of Interpersonal Communications and Stress Management. Identified community safety needs and responded accordingly to minimize risk and exposure. Received commendations from citizens by exceeding their expectations while responding to their needs. Gathered data and facilitated computer generated reports in a timely manner.

**Fitness Appraisal, Inc.** - Exercise Physiologist 2000 to 2003

- Identified client needs, promoted wellness by providing viable and beneficial solutions using computer software to devise individualized evaluations.

**Costco Wholesale** - Cashier 1996 to 1998

- Provided excellent customer service in Member Service and in Cashiering.

## EDUCATION, CERTIFICATIONS & LICENSES

CPR/Basic First Aid Instructor Certification 2011 to Present

Bachelor of Science Degree in Exercise Science - ASU 1999

## REFERENCES

Tim Fiske  
928.710.4428  
Calvary Chapel Prescott

Robert Antonacci  
760.525.8298  
Healthy Firefighters USA

Nathan Auvenshine  
928.710.1907  
Yavapai County Sheriff's Office