

Renatta Shwe

Exercise physiologist

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📍 1223 4th Ave N, Billings, MT 59101

EDUCATION

Bachelor of Science in Exercise Physiology at Montana State University, Bozeman, MT

Aug 2016 - May 2021

Some skills I've learned are how to properly assess someone's fitness level, how to design an effective workout program based on their goals, and how to properly use exercise equipment.

LINKS

[linkedin.com/in/renattashwe](https://www.linkedin.com/in/renattashwe)

SKILLS

Cardiovascular physiology

Respiratory physiology

Exercise testing and prescription

Cardiac rehabilitation

Pulmonary rehabilitation

Electrocardiography

Stress testing

LANGUAGES

English

Mandarin

PROFILE

A certified exercise physiologist with over a year of experience designing and administering fitness programs for individuals. Skilled in assessments, program design, and instruction. Experience working with diverse populations including seniors, adults, youth, special needs clients, and athletes. Passionate about helping others improve their health and quality of life through physical activity.

EMPLOYMENT HISTORY

● Exercise Physiologist at Blue Cross and Blue Shield of Montana, MT

Apr 2022 - Present

- Oversaw the development and implementation of an employee wellness program that resulted in a decrease in health insurance costs by 15%.
- Created and taught 10 group exercise classes per week, with an average attendance of 20 people per class.
- Developed individualized exercise programs for 100 patients with chronic diseases such as obesity, diabetes, hypertension, and heart disease.
- Conducted research on the effects of physical activity on cardiovascular health outcomes in older adults.
- Presented findings from aforementioned research at national conference.
- Authored 5 peer-reviewed articles on topics related to Exercise Physiology.

● Associate Exercise Physiologist at Montana State Fund, MT

Sep 2021 - Mar 2022

- Wrote and implemented 8 new group fitness classes, which increased attendance by 12%.
- Led 20 personal training sessions per week on average.
- Presented at 2 national conferences on the topic of obesity in older adults.
- Authored 4 journal articles related to exercise and weight loss.
- Was part of a research team that received a \$1 million grant to study the effects of physical activity on cancer patients.
- Trained 5 new personal trainers.

CERTIFICATES

Certified Exercise Physiologist (CEP)

Nov 2020

Registered Clinical Exercise Physiologist (RCEP)

Jul 2019

MEMBERSHIPS

American College of Sports Medicine

National Strength and Conditioning Association