

Shirleen Tollett

Exercise Physiologist

Profile

I am an experienced Exercise Physiologist with over 1 year of experience working in a variety of settings. I have worked with clients of all ages and abilities, from elite athletes to those suffering from chronic illness. I am passionate about helping people improve their health and quality of life through exercise and education, and I believe that everyone can benefit from making physical activity a part of their daily routine. In my previous role as an Exercise Physiologist at XYZ Clinic, I developed and implemented individualized exercise programs for patients according to their specific needs and goals. I also provided guidance on how to make lifestyle changes that would support long-term health improvements. My work helped many people achieve significant reductions in pain levels, increased mobility, improved mental well-being, and enhanced functional ability overall.

Employment History

Exercise Physiologist at Physiofit Alabama, AL

Jun 2022 - Present

- Developed and implemented an exercise program for a patient with COPD that improved their VO2 max by 12%.
- Educated a group of 20 senior citizens on the importance of staying active and provided them with individualized recommendations.
- Successfully helped a client lose 100lbs over the course of one year through dietary changes and regular exercise.
- Worked with special needs population to help improve quality of life.
- Utilized technology in order to create more efficient workout programs.

Associate Exercise Physiologist at Alta Physical Therapy & Wellness, AL

Sep 2021 - Apr 2022

- Assisted in developing and implementing an employee wellness program that resulted in a decrease in health care costs by 15%.
- Conducted fitness assessments for 100 employees and provided individualized exercise recommendations.
- Created and taught 10 group exercise classes per week, ranging from beginner to advanced levels.
- Designed and led weekly walking/jogging club that increased employee participation by 20%.

Certificates

Certified Exercise Physiologist (CEP)

Jul 2021

Certified Clinical Exercise Specialist (CES)

Jun 2020

✉ shirleen.tollett@gmail.com

☎ (697) 017-3592

📍 1349 Hilltop Drive, Birmingham, AL 35205

Education

Bachelor of Science in Exercise Physiology at The University of Alabama at Birmingham

Aug 2016 - May 2021

Some skills I've learned are how to assess someone's risk for developing an exercise-related injury, how to design and implement an exercise program for a variety of populations, and how to effectively communicate with clients.

Links

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

Skills

Cardiovascular Exercise

Resistance Training

Flexibility Training

Balance Training

Functional Movement Screening (FMS)

Selective Functional Movement Assessment (SFMA)

Rehabilitation

Languages

English

Japanese