

Tamara Lindsey

Professional Writer (Former Fitness Professional)

Carson, CA 90801

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With my colorful and creative writing style, I'm skilled at creating rich and engaging content that is suitable for multiple marketing purposes.

#readytowork

Authorized to work in the US for any employer

Work Experience

Technical SEO Copywriter

Channel Bakers - Anaheim, CA

October 2020 to Present

I write optimized product descriptions for our various clients whose products are sold on Amazon.com

Content Writer

Vasco Assets - Newport Beach, CA

September 2019 to Present

I write engaging content for our social platforms. In addition, I assist with fostering community relationships and creating joint ventures.

Receptionist

Suda Fitness - Downey, CA

June 2019 to Present

Managing memberships and customer inquiries.

Content Writer

Egumball - Irvine, CA

October 2017 to November 2018

I write Persuasive SEO content for a variety of our company's clients.

Personal Trainer and Group Fitness Instructor

David Barton Gym - West Los Angeles, CA

February 2015 to October 2017

Responsibilities

I lead clients through physical fitness exercises that increase mobility and strength, as well as instruct them through proper usage of machines. I also teach group fitness classes where I guide clients through exercises and breathing with free weights.

Accomplishments

Helping people achieve a better quality of life is an accomplishment in itself. I've improved mobility in a clients torn shoulder. I helped another client lose a large amount of weight and reduce his body fat percentage. However all of my clients the gym feeling like they've gotten in a great workout and they enjoy seeing and feeling their bodies change just as much as I do.

Skills Used

Leadership, Education, Safety, People skills, team work, punctuality, professionalism, and discipline.

Fitness instructor

20th century fox studios - Century City, CA

February 2015 to October 2017

Teach cardio and weight training classes

Personal Trainer

The Rock Boxing gym - Carson, CA

February 2014 to February 2015

I worked as an Independent Personal Trainer through The Rock Boxing Gym

Personal Trainer and Group Fitness Instructor

CMC Pro Boxing - Marina del Rey, CA

October 2014 to November 2014

Starbucks Barista

Starbucks Barista

October 2007 to February 2008

Education

Bachelor's in Creative writing and English

Southern New Hampshire University - Long Beach, CA

September 2017 to March 2019

Associate

El Camino College - Torrance, CA

2008 to 2015

CES

National Academy of Sports Medicine

2012 to 2014

PES in Personal Training

N.A.S.M. - Calabasas, CA

2012 to 2012

CPT

National Academy of Sports Medicine

2010

High School Diploma

Narbonne High School

2007

Behavioral Change Specialist in Fitness

National Academy of Sports Medicine - Calabasas, CA

2016

Skills

- Fitness (6 years)
- Conflict Resolution (1 year)
- Creative Writing
- Writing
- Website
- Blog
- Bios
- SEO
- Microsoft Office
- Marketing
- Microsoft Excel
- Microsoft Word
- Social Media Marketing
- Communications
- Powerpoint
- Social Media Management
- Google Docs
- Email Marketing
- Copywriting
- Proofreading
- Personal Training
- Group Fitness
- Microsoft Office
- Proposal Writing
- WordPress
- Content Creation (5 years)
- MailChimp (5 years)
- Content Marketing

Certifications and Licenses

C.E.S.

June 2016 to Present

Corrective Exercise Specialist

P.E.S.

June 2015 to Present

Performance Enhancement Specialist

C.P.T.

June 2012 to Present

Certified Personal Trainer

Behavior Change Specialist

June 2016 to Present

Wine 101

January 2022 to Present

This course teaches the foundations of wine from regions to tasting and pairing.