



Maria CRedman

CONTACT ME

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Engineer

WORK EXPERIENCE

CEO

Puravida Health Solutions/Global

2015-2022

- Design customized training, cardio, and nutrition programs.
- Ran two personally owned training studios. One studio was for Corporate Wellness and the other studio was for Athletes only.
- Full operation of an online training app platform
- Run weekly life coaching seminars on my app platform with clients
- Train clients in sports- specific areas. Contest Prep and 5k to Marathon Programs

Licensed Financial Advisor

Light Tower Wealth Strategies/Virgina Beach, VA

2014 - 2016

- Set up Long and short term financial strategies for clients
- Held financial seminars on strategies to build wealth
- Assisted business partners of companies in setting up asset management in the event of death
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Corporate Wellness Specialist

Elite Wellness

2010- 2014

- Traveled to corporate offices to provide On site fitness, health, and wellness programs to their employee's.
- My partner and I develop customized plans to suit the needs for each corp. Our services cover the full scope needed to reach their goals. From nutrition, to cross training, meditation, yoga, and smoker's cessation.
- Developed wellness programs to reduce health insurance premiums for each corporation
- Held multi city corporate challenges for prizes and the coveted title of "MOST FIT COMPANY"

EDUCATION

- **Engineering**

Bocacode /BocaRaton

2022

- **Dietitian**

University of Pheonix

2011 - 2015

- **Multi -Cert Personal Trainer/Level 1 &2 Certified Sports Nutritionist**

NASM CSCS/Online

2009-2010

REFERENCES

Billy Carson

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