

Richard Caldwell

WORK HISTORY

- 2006-2008 Oklahoma Health Academy, Moore, OK Massage Instructor and Massage Clinic-Day Spa manager. Teaching all aspects of the 930 hour massage certification program.
- 2001-2005 Gold's Gym, Edmond, Ok ,Personal Trainer
Work with members on fitness programs to help them accomplish their goals.
Train clients, design exercise and computerized nutrition programs.
- 1997-2001 The Athletic Club, Okc ,Ok Personal Trainer
Work with members on fitness programs to help them accomplish their goals.
- 1994-1997 L.A. Lifestyles, L.A. California Manager of Personal Training
Design and sales of computerized nutrition programs and training packages,
Hire and train Personal Training staff.
- 1991-1994 Easton Gym, L.A. California,
Sales and Personal training.
- 1987-1991 Body Molders, Palm Springs, California
Exclusive one on one training for elite clientele with Dean Tate Mr. California.

LICENSES & CERTIFICATES

- 2006 Teaching Skills Enhancement Workshop by: Larry Nienhueser-OKC, OK-Level 1 & 2. A.C.C.S.C.T. (Accrediting commission of Career Schools and College of Technology)
- 2002 Central State Massage Academy-OKC, OK, advanced techniques 600 hrs Deep Tissue, Myofascial Release, Sports Massage, Trigger Point, Acupressure and Shiatsu .
- 1999 B.E.S.T. (Body Business, Education, Services, and Training)-Austin, TX Personal Trainer Certification. Special populations, injury prevention, anatomy/kinesiology,P.N.F nutrition for active adults, stretching and flexibility guidelines, legal aspects of becoming a fitness professional. A.C.E. certification .www.bodybusinessfitness.com
- 1998 Resistance Training Specialist-OKC, OK Biomechanics and Corrective Exercise Training with Tom Purvis while working at The Athletic Club. www.resistancetrainingspecialist.com
- 1990 California Healing Arts College-Massage and nutrition with Dr. Schwinghamer author many books and videos, known as one of the top ten massage schools in the nation. www.chacmassage.com/

CONTACTS

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