

Christine Netto BA Kinesiology, AFAA, AEA, & Arthritis Foundation Tai Chi

Phone: 469-964-9369 mobile

Website: www.standingfirmfitness.com email: cnetto@standingfirmfitness.com

Education

BA Kinesiology, Adult Fitness Management minor in gerontology from Sonoma State University, CA (1996)

Certifications

Personal trainer (AFAA, 1992)

Aquatic Fitness (AEA, 1996)

Exercise for Older Adults (2009)

Arthritis Foundation Certification for Aqua, and Land PACE (2005)

Arthritis self-help (2005)

Tai Chi for TCA (2006) and TCD (2014)

18 posture Tai Chi/ Qigong (2010 & 2012)

Continuing Education Completed

Exercise prescription for the older adult

Balance and fall prevention

Group Fitness activities for Seniors

Exercises for the Frail elderly

Home based training for seniors

Exercise and the older shoulder

Training with chronic shoulder conditions

Strategies for managing chronic knee pain,

Life after hip/knee replacement

Modification for low back disorders

Train the movement not the muscle

Movement and exercise analysis

Pilate's exercise workshop for land and water

Yoga, Tai Chi , Qigong

Deep water exercise for core stabilization and ROM

Introduction to aquatic therapeutic exercise with Aquatic Therapy Rehabilitation

Institute (ATRI)

Rheumatology (ATRI)

Integrating therapeutic exercise into Aquatic Fitness classes

Aquatic options for special population and post rehabilitation

Work Experience

Self-employed since Sept. 2006 to present:

Conducting arthritis friendly one-to-one training workshops, group fitness for body and healthy back conditioning, and balance/fall prevention training; Tai Chi/Qigong for health; water exercise, and public speaking within the community.

Program goals are the enhancement of health, fitness and wellbeing for a diverse adult population of varying fitness needs and cognitive skills through innovative physical fitness programing.

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Clients and associations include: West Hills Hospital; The Village at Northridge, Prince of Peace Episcopal Church, Out Back Yoga, Calabasas Park and Recreation, City of Redding Park and Recreation, Shasta Estates, Shasta Regional Wellness program Integrated Wellness Clinic, Veteran's home and Center for Spiritual Living.

Adjunct Instructor Pierce community college Fall 2006 to Summer 2013:

Pierce College Encore adult education program instructor for: Mature Adult group body movement and healthy back fitness classes; Arthritis friendly programs for Tai Chi & Water fitness, Healthy Living lecture series; Pierce Professor's Lecture series facilitator. Expanded body movement exercise programming of classes from 1 class per week to 6 classes per week with robust participation with outcomes resulting in exercise compliance, body awareness, posture and balance plus reduction in meds, aches and pains.

2002 to 2006 @ Medical Center of Plano Cardiac Rehabilitation Aquatic Fitness:

Assistant Aquatic Fitness Coordinator for robust outdoor water fitness programs serving 1500 clients of all ages. Accomplishment include: Increased participation by 100% with the creation and implementation of the Arthritis and chronic pain management programs; acceptance of our programs as part of scope of service by Medical Center's Pain Management Institute. Monthly presentations were delivered to nursing managers on topics regarding the mind/body connection. Program responsibilities include administration, development and marketing of programs; staff supervision and training; health fair planning and participation; newsletter writing and editing. Fitness training responsibilities: group and individual fitness programming for land and water fitness; therapeutic exercise programming for movement education, chronic pain management for arthritis, strength and flexibility development for 50 + population, as well as, adolescents and prenatal / post-partum woman. Learn to swim programming for infants and preschool age children.

2001 and earlier:

Frisco Community Parks and Recreation instructor group fitness instructor for a variety of senior aerobics, relaxation/flexibility and water exercise classes.

12 years Personal Fitness trainer (1988-2000) various private venues and health clubs including Sonoma County Health Center /24 Hour Club working with Dr. Robert Gardner from 1992-1998.

Responsibilities for all venues included: one-to-one training for land and water including therapeutic movement education; Health Club client assessments, consultation, compiling orientation packet for new health club members, class development and group instruction for a variety of land and water based exercise classes.

Personal characteristics:

- Passion for empowering others to help themselves through education, coaching, fitness programming and training
- Analytical and visionary, active listener, problem solver, facilitator, organizer, leader, and teacher; compassionate, committed and loyal

References on request