

Marissa DeParto

OBJECTIVE

Dedicated and experienced fitness professional with ten years of expertise, passionate about coaching and educating individuals to achieve their wellness goals. Seeking opportunities to utilize my expertise in longevity coaching, fitness, mobility training, and continued education to make a positive impact in the health and wellness industry.

WORK EXPERIENCE

- Small Group Fitness & Mobility Coach** – Janux Therapeutics, San Diego, CA May 2023-Present
- Provide small group fitness HIIT and mobility training to employees.
 - Focus on full body high intensity interval training, integrating corrective exercise, end range strength training and balance training.
 - Tailor exercises to address specific injuries and enhance full body mobility, reducing pain and improving overall wellness.
- Continued Education Specialist** – Stretchlab, Solana Beach, CA April 2021-Present
- Provide continued education support for new hires and current staff, emphasizing proper body mechanics and anatomy knowledge.
 - Improve body mechanics to effectively utilize body weight for generating pressure while prioritizing safety.
 - Enhanced comprehension of anatomical considerations for stretching various body types.
 - Assisted in tailoring stretches to address specific injuries through individualized selection.
 - Conducted training sessions on the proper execution of soft tissue techniques.
 - Developed two comprehensive guidebooks aimed at enhancing staff knowledge and optimizing business operations.
- Lead Flexologist** – Stretchlab, Solana Beach, CA September 2019-April 2021
- Oversaw a team of 13 flexologists, ensuring smooth operation and high-quality service delivery.
 - Conducted comprehensive training sessions for new flexologists, coordinating 20 hours of hands-on instruction.
 - Participated in the interview process for potential sales representatives and flexologists, contributing to team expansion efforts.
 - Managed scheduling, vacation requests, and shift coverage for all flexologists, optimizing staffing efficiency.
 - Facilitated weekly continuing education sessions for flexologists, covering topics such as anatomy, customer service, and client retention.
 - Administered assisted Proprioceptive Neuromuscular Facilitation (PNF) stretches to individuals across various age groups, ranging from adolescents to geriatric populations, during 25- and 50-minute sessions.
- Flexologist** – Stretchlab, Solana Beach, CA November 2018-September 2019
- Successfully finished a 2-day Flexologist Training Program followed by 20 hours of practical training.
 - Administered assisted Proprioceptive Neuromuscular Facilitation (PNF) stretches to individuals across various age groups, including adolescents, adults, and the elderly.
 - Evaluated and addressed muscle imbalances through assisted PNF techniques during sessions lasting 25 to 50 minutes.
 - Enhanced clients' mobility, flexibility, body awareness, proprioception, and end-range strength.
 - Managed client appointments and delivered exceptional customer service to ensure client satisfaction.
- Personal Trainer** – Center for Balanced Training, San Diego, CA October 2018-October 2019
- Conducted assessments of clients' current fitness level, goals and any contraindications.
 - Developed personalized exercise programs tailored to each client's specific goals and needs.
 - Provided thorough instruction on proper execution, form and technique, offering feedback and cues to ensure safety and effectiveness.
 - Cultivated a positive, supportive and motivational atmosphere for each client to thrive in.
- Personal Trainer** – Focus Integrated Fitness, New York, NY, San Diego, CA July 2017-August 2019
- Evaluated clients' body composition, baseline fitness levels, goals, and any contraindications.
 - Developed personalized exercise programs tailored to clients' specific goals and needs.
 - Oversaw clients' schedules, frequency of sessions, and tracked progression in body composition.
 - Provided comprehensive instruction on proper exercise form, offering ample feedback and cues to ensure safety and efficacy.
- Reactivation Specialist** –Fort Lee, NJ April 2015-Present
- Administered Reactivation bodywork therapy to patients across diverse age groups, including pediatric, adult, and geriatric populations.
 - Utilized manual muscle testing to identify weaknesses and applied gentle, focused touch to address and correct them.
 - Implemented an integrative, holistic approach aimed at harmonizing the mind and body to function as a unified, balanced unit.
- Assistant Soccer Coach** – Cedar Stars Academy, Bergen County, NJ August 2016-April 2017
- Supported head coaches in all facets of establishing an academy-level girls' soccer program.

- Played a role in crafting the Cedar Stars Academy Injury Prevention Program to enhance player safety.
- Contributed to the formulation of the Cedar Stars Academy Speed and Strength Program aimed at improving players' physical capabilities.

Personal Trainer – Excel Fitness, Denville, NJ September 2016-January 2017

- Conducted personalized one-on-one personal training sessions focused on TRX and bodyweight training techniques.
- Developed tailored workout routines designed for individuals of diverse ages and fitness levels.

Personal Trainer, Wall Athletics LLC, Oakland, NJ December 2015-July 2016

- Led group circuit training classes emphasizing strength, endurance, and power development.
- Offered continuous feedback to participants to refine their form and enhance overall physical fitness.

EDUCATION

JSG School of Massage Therapy, Northvale, NJ March 2016 -June 2016

Licensed Massage and Bodywork Therapist (LMBT)

Susquehanna University, Selinsgrove, PA August 2010- May 2014

Bachelor of Arts in Psychology

INTERNSHIP

Reactivation Specialist, Reactivation Institute – Fort Lee, NJ September 2014-April 2015

Level I Certification

- Completed an eight-month hands-on Reactivation technique program, totaling 130 class hours and 30 clinical hours.
- Acquired proficiency in manual muscle resistance testing and treatment, emphasizing correction of whole-body biomagnetic vibration.
- Specialized in addressing issues related to the musculoskeletal system.

Level II Certification

- Attained Level II Certification through 15 hours of intensive hands-on Reactivation technique training.
- Focused on advanced topics including the neurological system, nervous system, endocrine system, respiratory system, emotional weaknesses, and meridians.

Level III Certification

- Achieved Level III Certification after completing 15 hours of intensive hands-on Reactivation technique training.
- Specialized in addressing symptoms related to anxiety, depression, fibromyalgia, dyslexia, chronic pain, and ADHD.
- Recognized as one of only three Level Three Certified Reactivation students worldwide.

LICENSES AND CERTIFICATIONS

Flexologist Training Program February 2019

Medical Exercise Specialist Certification October 2018

Basic Life Support, American Heart Association March 2018

TRX Certified Functional Trainer November 2016

Licensed Massage and Bodywork Therapist (LMBT) June 2016

New Jersey Youth Soccer National “F” License March 2016

NASM Certified Personal Trainer (CPT) February 2016- February 2022