

Carla Fields

Business:
2760 Pleasantwood Drive
Decatur, Georgia 30034
678-283-9978
carlafields@carlafields.com
www.carlafields.com

Permanent:
3369 Hunter Pace Drive
Lithonia, Georgia 30038
770-981-7247
fieldsfitness@aol.com

OBJECTIVE: To enhance my business as a Personal Fitness Expert and Coach.

EDUCATION:

Sep '95 – Exercise Physiology, GSU Masters Program, Atlanta, GA
May '82 – BS, Business Accounting, Tuskegee University, Tuskegee, AL

SKILLS:

Fitness Trainer
Business Management / Day to Day Operations
Interpersonal Skills
Motivational Speaker

COMPETITIONS:

May '98 - Personal Trainer/Fitness Counselor Certification ...A&FAA
Dec '93 - Strength Training Instructor YMCA – Decatur, GA
June '93 - Fitness Leader & Instructor YMCA – Decatur, GA
June '93 - CPR, First Aid & Safety American Heart Association
Apr '96 - Aerobics & Fitness Association of America

EXPERIENCE:

1988 – Present CFFI (Carla Fields Fitness, Inc.) – Owner/Fitness Consultant

- Personal Trainer
- Personal Assessments
- Individualized Fitness Plans

1999 – 2003 Spa Daweed's Hair Design & Fitness – Exec. Vice President

- Sales
- Marketing
- Public Relations

1993 – 1999 YMCA/Main Event / Australian Body Works – Consultant

- Personal Trainer
- Personal Assessments
- Individualized Fitness Plans

1982 – 1993 XEROX and FED-EX – Sales and Marketing Account Manager

- Business Management
- Sales and Marketing
- Customer Service Professional

REFERENCES: References available upon request.