Rachel Haas

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Registered Nurse at Aurora St. Luke's Medical Cente

Milwaukee, Wisconsin, United StatesHealth, Wellness and Fitness

Previous positions

Certified Personal Trainer at Balance Fitness

Fitness Consultant at Fitness Together

Education

Milwaukee School of Engineering, Bachelor’s Degree, Bachelors of Nursing

Experience

Registered Nurse

Aurora St. Lukes Medical Center

October 2017 – Present(2 years 1 month)Greater Milwaukee Area

10T Cardiac /Telemetry Unit

 Patient population consists of PMH (pulmonary hypertension patients), Heart Failure, and patients with heart rhythm irregularities (atrial fibrillation, ventricular tachycardia etc.).

 Prepare patients undergoing ablations, ICD/pacemaker implantation, cardioversions, and high-risk medication loading.

 Read and interpret heart rhythms.

Certified Personal Trainer

Balance Fitness

September 2014 – September 2018(4 years)Whitefish Bay, WI

❏ Design and instruct individual/group training programs.

❏ Train clients in both small and large group settings in various exercise disciplines.

❏ Manage studio communications and marketing via social media and e-newsletters.

❏ Perform studio promotion in an effort to expand client base and increase revenue.

Conduct new client consultations.

❏ Manage all aspects of client's memberships.

❏ Responsible for selling pakages to prospective and current clients.

Fitness Consultant

Fitness Together

April 2014 – September 2014(5 months)Delafield, WI

Guide clients through results focused sessions both in the private suite setting and small group classes

❏ Design Resistance and Cardiovascular programs in accordance with NASM Aspire 8 Fitness Programming.

❏ Evaluated on KPI’s( key performance Indicators) that directly correlate to clients frequency of workouts,

fitness assessment results, and client’s progress.

❏ Perform detailed Fitness assessments inclusive of movement and posture analysis,blood pressure, Jackson

Pollock 7 pinch Test, circumference measurements and 3 minute step test.

❏ Strategically focused and aligned with the company’s vision, purpose and objectives.

VADEM Relations Specialist

Logistics Health Incorporated

September 2013 – April 2014(7 months)La Crosse, Wisconsin Area

Maintain a successful working relationship between LHI and VA DEM network providers through a wide

range of job functions.

❏ Work specifically on implementation of unique clinic models that best optimize providers’ time and

resources while ensuring our nations veterans are receiving the health care and compensation that they

deserve.

Group Exercise Instructor

La Crosse Area Family YMCA

December 2011 – March 2014(2 years 3 months)La Crosse, Wisconsin Area

Instructed 45 minute Cycling classes and Pilates classes.

Education

Milwaukee School of Engineering

Bachelor’s Degree, Bachelors of Nursing

2015 – 2017

Milwaukee School of Engineering

University of Wisconsin-La Crosse

Bachelor's degree, Kinesiology and Exercise Science

2007 – 2011

University of Wisconsin-La Crosse

This program is specifically designed to meet the needs of students interested in careers in fitness, health, and related fields. The program also may be used as pre-professional preparation for graduate education in cardiac rehabilitation, physical therapy, and other programs related to health, allied health, and exercise science.

ACSM Endorsement The ESS-Exercise Science Program curriculum is endorsed by the American College of Sports Medicine at the Health/Fitness Specialist (HFS) level. A major goal of the program is to prepare students to sit for that examination at the end of their on-campus training.

Thorp High School

2004 – 2007

Languages

English

Skills & Expertise

Nurse

Training

Nutrition

Fitness Training

Leadership

Exercise Prescription

Fitness

Social Skills

Time Management

Operations Management

Public Speaking

Customer Service

Strength Training

Wellness

Exercise Physiology

Client Rapport

Cardiopulmonary Resuscitation (CPR)

Fitness Consulting

Group Exercise Instruction

Social Media Marketing

Personal Training

Certifications

CPR/AED

American Heart Association's Professional Education Center, License