Heather Zuber

RN for BJC

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O'Fallon, Missouri, United States Health, Wellness and Fitness

Previous positions

RN at Midwest Nursing and Vascular Service

Operating Room Nurse at Crossroads Community Hospital

Education

Illinois State University, Bachelors, Health Sciences, Psychology, Sociology

Background

Summary

Registered Nurse: Medical, Surgical, Tele, and OR experience

Five years of experience in managing and supporting Fitness/Wellness Management Accounts through Health Fitness.

Five years of experience in corporate and independent in-home personal training throughout the Chicago-land area.

Certifications:

Advanced Cardiac Life Support

American Council on Exercise personal trainer.

SCW Pilates

YogaFit

ACE kickboxing

BLS CPR/First Aid

Ergonomics

Experience

RN

Progress West Hospital

August 2018 – Present(1 year 5 months)

RN

Midwest Nursing and Vascular Service

August 2017 – 2019(1 year 5 months)Southern Illinois, St.Louis MO

Operating Room Nurse

Crossroads Community Hospital

August 2016 – August 2017(1 year)

Med-Surg RN

Crossroads Regional Hospital

October 2014 – August 2016(1 year 10 months)

In-home personal trainer

Personal Training

January 2008 – 2016(8 years)Southern Illinois(Previously Chicago)

One-on-One or Group Training,at home, office, gym, or outdoor.

Program Manager

Health Fitness Corporation

November 2007 – December 2011(4 years 1 month)Greater Chicago Area

Recommendations (7)

Health Fitness Specialist

Health Fitness Corporation

May 2007 – February 2008(9 months)

Education

Illinois State University

Bachelors, Health Sciences, Psychology, Sociology

2003 – 2007

Illinois State University

Rend Lake College Nursing School

RN

2012 – 2014

Skills & Expertise

Cpr Certified

Training

Leadership

Sports

Fitness

Lifestyle

Health Promotion

Weight

Prevention

Management

Strength Training

Exercise Physiology

Weight Training

Employee Wellness

Health Education

Corporations

CPR Certified

Personal Training