

# REBECCA WACKLER

Wackler Wellness

Email: info@WacklerWellness.com

## **Education:**

BA, Florida State University, 1971

*Special Education for the Mentally Retarded/Behavior Modification Minor*

## **Certifications:**

American College of Sports Medicine, Health Fitness Instructor, 2003\*

American Council on Exercise, Personal Trainer, 1997

American College of Sports Medicine, Group Exercise Leader, 1991

American Council on Exercise, Group Fitness Instructor, 1990

***\*This is the gold standard of personal training certifications.***

## **Experience:**

### **Personal Trainer**

1994 to Present

I am doing private, one-on-one exercise sessions with clients ranging in age from 60 to 97 years of age. I have worked with seniors suffering from Parkinson's disease, chronic obstructive pulmonary disease, cancer, amputees, macular degeneration, dementia, diabetes, congestive heart failure, osteoporosis, spinal stenosis, and other diseases common to seniors.

### **Westwood Horizon Retirement Hotel**

Los Angeles, CA

1997 to Present

### **Group Exercise Instructor**

Class size ranges from 45 to 60 seniors aged 75 to 104 years of age. Classes are presented three times weekly and stress strength training, range of motion, balance, flexibility, cardiovascular endurance, and neuromuscular coordination.

### **Secure Horizons/Senior Fit**

Los Angeles, CA

1994 to 1997

### **Group Exercise Instructor**

I taught free exercise classes in Family Fitness Centers throughout Los Angeles for seniors covered by this HMO. As a part of this position, instructors were required to attend quarterly seminars in senior fitness.

### **One Pritikin Place**

Studio City, CA

1993 to 1994

### **Group Exercise Instructor**

I taught step and low impact aerobic classes for all ages.

### **Decatur Fitness Center, Decatur YWCA**

Decatur, GA

1989-93

### **Group Exercise Instructor**

I taught step, water aerobics, and low impact aerobic classes for all ages.