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M SAIM HANIF

FITNESS COACH

PROFILE SUMMARY

I am a health coach and fitness expert specialized in creating exercise programs and Diet chart that fit each client's individual strengths and needs.



WORK SUMMARY

FITNESS TRAINER & NUTRITION ADVISER

BRS | 2020-2021

- Devises workout programs for clients of different ages and fitness requirements
- Assists staff in organizing class workouts and group activities

FITNESS TRAINER & NUTRITION ADVISER

Fitness Fire Gym | 2021- Present

- Researched dietary guidelines for all ages
- Instructed clients with proper meal plans and meal preparation
- Administered fitness assessments

WORKSHOPS ATTENDED

- Sports Nutrition & Stress Management Workshop
- Nutrition and Life Balance Workshop
- 2-Hour Yoga Training

SCHOOLS ATTENDED

BARANI INSTITUTE OF INFORMATION AND TECHNOLOGY

BS COMPUTER SCIENCES 2020

HARVARD COLLEGE OF COMMERCE AND SCIENCES

ICS Computer Sciences

FUTURE FOUNDATION SCHOOL

SSC Computer Sciences

SPECIALIZATIONS

- Weight Training
- Personal Training
- Individual Assessment
- HIIT
- Fitness Advice
- Nutrition Advice