

# Michael P. Munson

4705 Cedar Avenue Apt. 3 • Philadelphia, PA 19143 • 215-776-0145  
thrivefitnessandwellness@gmail.com  
www.thrivefitnessandwellness.com

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## **BACKGROUND SUMMARY:**

Over 20 years experience in personal training, fitness, martial arts, yoga, nutrition, cooking and generalized health maintenance programs.

- Ability to create unique and effective fitness programs to meet individual needs
- Able to research, develop, and implement a targeted program and to design and provide necessary materials to achieve stated goals
- Extensive knowledge in a broad range of culinary styles: low-fat, low-salt, whole foods cooking, heart-friendly, low-cholesterol, vegan, vegetarian, low-carb, macrobiotic and gourmet cuisine
- Excellent communication, presentation and listening abilities
- Able to empower others and motivate them to achieve their highest potential

## **SELECTED ACCOMPLISHMENTS AND PROFESSIONAL EXPERIENCE:**

**Thrive Fitness and Wellness at The 12<sup>th</sup> Street Gym, Philadelphia PA** 2007-Present  
*Personal Trainer, Nutrition Consultant, Self Defense Instructor, Kettle Bell and Group Fitness Instructor*

- Create and design fitness, nutrition and wellness programs to assist in weight loss and general health maintenance
- Design cardiovascular programs, flexibility, stability, and balance as well as strength and power programs utilizing all forms of fitness equipment
- Ability to compliment strength and wellness programs with Pilates, yoga, mixed martial arts self defense and meditation
- Develop and implement workshops in the areas of nutrition, stress reduction and wellness
- Create and implement group instruction classes in the areas of self defense, kettle bells, plyometrics and general fitness

**University of Pennsylvania Pottruck Center, Philadelphia, PA** 2002-2006  
*Head Fitness Trainer and Supervisor*

- Create and design fitness programs to assist in losing body fat and weight loss
- Work with and train injured clients with sports specific injuries, work related injuries or weakness in muscular system
- Develop cardiovascular programs, flexibility, stability and balance and well as strength and power programs utilizing all forms of fitness equipment
- Conduct extensive research for each client to produce a program catering to individualized goals and needs
- Responsible for training all new personal training and fitness attendant staff in facility supervision and training techniques

**Thrive Fitness and Wellness, Philadelphia, PA**

1985 - Present

*Natural Foods Nutrition Consultant / Private Chef / Cooking Instructor / Fitness and Wellness Consultant and Life Coach*

- Developed a client base of over 300 individuals
- Devise overall health program incorporating individual nutrition assessment, personalized cooking and fitness instruction, stress management and life coaching
- Provide personalized menus and meals for individuals and families with nutrition and health concerns incorporating weight management, natural foods, macrobiotic cuisine and gourmet cuisine as well as in-home cooking instruction, menu planning and grocery shopping tours

**Christina Pirello/"Christina Cooks" (television program)**, Philadelphia, PA 1991 - 1996  
*Assistant Chef / Events Coordinator / Contributing Writer*

- Coordinated all food production for macrobiotic / natural health dinner lecture series
- Assistant chef in all food preparation for television series and educational classes
- Coordinator and assistant director for macrobiotic study course incorporating recruitment of teachers and students, and overall management of educational program
- Contributed articles to "Macro Chef Magazine"

#### **EDUCATION:**

AMERICAN AEROBIC ASSOCIATION INTERNATIONAL AND INTERNATIONAL SPORTS MEDICINE ASSOCIATION, Atlantic City, NJ

*Phase I and II Pilates Instructor Certification, 2003*

NATIONAL PERSONAL TRAINING INSTITUTE, Philadelphia, PA

*Certification, American Board of Education Certified Program in Nutrition Consulting and Fitness Training, 2001 - 2002*

RED CROSS AND NATIONAL PERSONAL TRAINING INSTITUTE, Philadelphia, PA  
*Certification, Cardio Pulmonary Resuscitation (CPR) – Adult and Child and Community, 1992 – Present*

KRIPALU INSTITUTE, Lennox, MA  
*Yoga Teacher Certification, 1994*

KRIPALU INSTITUTE, Lennox, MA  
*Body Work/Massage Certification 1995*

ART INSTITUTE OF PHILADELPHIA, Philadelphia, PA  
*Associates Degree, Advertising and Specialized Illustration, 1985 – 1987*

#### **APPRENTICESHIPS AND TRAINING:**

- **Diversity Training, 2001**
- **Chi-Kung and Martial Arts, 1994 – 1998**
- **Shiatsu / Swedish Massage, Reiki Healing, 1994 - 1996**
- **Medical Chi-Kung, 1994**
- **Vipassana Meditation, 1994**
- **Ayurvedic and Taoist Medicine, 1993 – 1995**
- **Art, Music and Movement Therapy, 1991 – 1993**