



DOUG JONES, BS, MA, CSCS

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OBJECTIVE

Exercise physiologist and fitness professional with over 30 years of experience in the personal training industry **Seeks to Serve You and Your Family** with safe and progressive instruction to achieve optimal health and performance

PROFILE

- Motivated, personable, and knowledgeable personal trainer who has demonstrated great success in training **Thousands of Individuals in Lower Fairfield County** and possesses a genuine passion for helping others
- Entrepreneurial creativity and work ethic with a desire to share **Proven Physique Transformation Principles**
- Talent for quickly connecting with a wide demographic, with a propensity for making people feel extremely comfortable **Beginning or Resuming an Exercise Program**, regardless of their abilities, limitations, or goals
- Creator of several successful six- and seven-figure projects, products, and businesses in the fitness industry
- Long-time resident of lower Fairfield County and business owner in Wilton for 15 years, now relocating back to Connecticut after creating a series of fitness programs and websites in Kauai, Hawaii and New Hampshire

SKILL SUMMARY

- Customer Service with a Smile
- Professional Fitness Training
- Exercise Testing/Prescription
- Inspiration and Recruitment
- Marketing and Promotion
- Seminars and Presentations
- Creative Writing/Copywriting
- New Project Development
- Video Production and Editing
- Website Design and Creation
- Nutritive Fitness Consultation
- Total Physique Transformation

ACADEMIC ACUMEN

MASTER'S DEGREE IN EXERCISE PHYSIOLOGY/KINESIOLOGY

Granted a Full Academic Fellowship Scholarship, University of Maryland, College Park

Instructor of Exercise Physiology and Supervisor of Exercise, Metabolic, and Body Density Laboratories

BACHELOR'S DEGREE IN PHYSICAL EDUCATION/PRE-MED

GPA 3.99, Summa Cum Laude, State University of New York College at Cortland

Phi Kappa Phi Honor Society, Phi Eta Sigma Honor Society, Phi Kappa Phi Graduate Scholarship, Alpha Delta Junior Scholarship, Donovan C. Moffett Senior Scholarship, Francis Moench Department Award, Alumni Academic Achievement Award, College Honors Program, and National Merck Award for Organic Chemistry

MEMBER OF AMERICAN MENSA

High IQ Society open to people scoring above the 98th percentile on a standardized, supervised intelligence test

CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

National Strength and Conditioning Association

PROFESSIONAL PERSONAL TRAINING

EXERCISE PHYSIOLOGIST, FOUNDER, THE BEST WAY TO EXERCISE, LLC

- Create and implement **Personalized Fitness Programs** for a diverse client base in person, by phone, and online
- Developed scientific solutions to strength, stamina, stretching, and sustenance based on the **System of Eccentrics**
- Regularly ranked **Top-100 Worldwide Google Partner** & most-viewed Fitness Guru with 275 MILLION video views

PROFESSIONAL PERSONAL TRAINER, FOUNDER, STAND FIRM FITNESS, LLC

- Founded a one-on-one training business which realized rapid expansion, from an **Exclusively In-Home Clientele** to the ultimate 18,000 sq ft personalized fitness center in only three years with as many as 400 sessions per week
- Designed and implemented **Nationally-Acclaimed 12-Week Physique Transformation Program** which generated over \$5M in personal training revenue with approximately 1000 satisfied members (with guaranteed results)
- Parlayed business achievements into the formation of other proprietary products and projects, including: Smile Wipes (promotional healthy hand wipes receiving applause from QVC, Wal-Mart, Costco, and McDonalds), Wilton Wellness Center (30,000 sq ft commercial building), "Healthy IntroDougions" (**4-hour Fitness DVD Series**)

DIRECTOR OF FITNESS, WILTON FAMILY YMCA

- Managed all fitness center responsibilities, including personal training, exercise testing, and fitness prescription, upon completion of a \$3.5M double-footprint expansion of the YMCA facilities in 1992

FITNESS DIRECTOR, HIL-FIT CORPORATION, WASHINGTON, D.C.

- Formed the foundational procedures and professional protocols for newly renovated fitness center and wellness spa to accommodate distinguished guests and local dignitaries at the Washington Hilton on Connecticut Avenue

NASA HEADQUARTERS, FITNESS CENTER SUPERVISOR

- Facilitated training of NASA employees/scientists in corporate setting adjacent to National Air & Space Museum

GRADUATE INSTRUCTOR/SUPERVISOR, UNIVERSITY OF MARYLAND

- Oversaw all operations of University of Maryland's Exercise Physiology and Body Density Laboratories, including instruction of clinical testing techniques for advanced undergraduate, graduate, medical students, and physicians

ACCOMPANYING ATTRIBUTES

- Originator of an assortment of health and fitness products and modalities of training, including the System of Eccentrics in Strength, Stamina, Stretching, and Sustenance, as well as the **Super 7-Week Shape-Up System**
- **Author of Several Books**, a variety of manuals, programs, and seminars, and over 100 newspaper columns
- Successful physique transformee after battling Lyme disease and head-on rollover accident (see website)
- Former recreational-competitive athlete in racquetball, tennis, triathlon, and golf (low of 2.7 handicap)
- **Private Personal Trainer** to many celebrities and business leaders, and to their spouses and children
- Devoted proponent of fitting fitness into an already over-obligated life via **Time-Efficient Training**
- Additional abilities may be found at www.SuperSevenSystem.com & www.CatchyPitches.com
- Last, but certainly not least... proud father of two sons, 19 and 23, and twin daughters, age 26