**Tristan Martinez**

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**Career Objective**

Motived and passionate individual seeking experience in health, fitness, and learning about the human body within the health field.

**Education**

**Houston Community College Central Houston Vast Academy August 2015 – May 2017**

*Vocational Advancement & Skills training Houston, TX*

**Pasadena Memorial High School Graduation: May 2014**

*High school diploma Pasadena, TX*

**Skills**

* General skills in Microsoft Word and PowerPoint

**Work Experience**

**Dollar General August 2018 - Present**

*Store Associate**Houston, TX*

* Organizes, sorts, and stocks products throughout store
* Cash register in training

**Volunteer Work**

**Houston Methodist May 2019 - Present**

*Volunteer at Sunset Outpatient Clinic**Houston, TX*

* Assists Physical Therapist with patient care
* Cleans therapy gym, assists PT with gait training, transport patients within therapy gym, organizing and cleaning equipment

**Illuminate Fitness May 2019 - Present**

*Volunteer/Shadow**Houston, TX*

* Watches and assists personal training with client
* Cleans therapy gym, assists PT with gait training, organizing and cleaning equipment, and trained with personal trainer on learning correct form while exercising

**Spectrum Fusion April 2018 - Present**

*Participant/ Reactor Houston, TX*

* Spectrum Fusion is a non-profit organization that helps adults on the autism spectrum to pursue their passions and engage in community
* Participated in Reactor Room showcasing talents and skills related to health and fitness

*Healthy Power Fusion-Exercise Class*

*Co-Leader*

* Weekly alternate as a co-leader over an hour exercise class with young adults on the spectrum and community members.  Encourage exercise class to do a work out and walking routine

*Healthy Fusion-Cooking Class*

*Organizer*

* Cook, organize, sort & prepare a meal every week as a co-leader alternate.  I pick a recipe, go shopping for ingredients & prepare the meal with a team of young adults on the spectrum who assist in the process
* Apply communication skills to delegate each team member to assist in preparing the meal and putting together a short bio to discuss the recipe being prepared for the day with the tea.