

# Victor Andres Ranilla

## Objective

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To utilize my experience in helping people with their health and fitness goals, while allowing me to help my community become healthier and leaner one person at a time.

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## Skills

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- Advanced, applied knowledge in fitness (geriatrics and clinical) and nutrition (exercise/sports nutrition)
  - Excellent coaching with analogies and making information relatable and understandable
  - Detailed, organized approach to work
  - Holds multiple certifications (Personal trainer, Exercise and Sports nutrition, Tai chi level 1, 2)
  - Have worked with patients in clinical settings, alongside a Medical Doctor
  - Past weekly columnist in two local newspapers
  - Passionate about following the latest research in the field of exercise and sports nutrition science
  - Understands working with different types of dementia in the elderly
  - Advanced experience in weight loss and body composition transformation
  - Passionate and patient instructor
  - Fluent in English and Spanish, in both, written and oral
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## Experience

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10/2012 – Present

Millennia Nutrition and Fitness

Greenville, SC

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- Personal Trainer for residents in the Greenville and surrounding areas since 2012
  - Specialized practice in weight loss and body composition transformation
  - Nutrition coach with specialization in exercise and sports nutrition
  - Speaker on topics related to all aspects of fitness, sports nutrition and exercise
  - Wellness Coach
  - Owner
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05/2013 – 02/2018

Cascades Verdae

Greenville, SC

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### **Wellness Coach**

- Implement different exercises for the elderly
  - Aquatic exercises, balance, flexibility and strength training
  - Training one-on-one with patients suffering from various types of dementia
  - Instruct Tai Chi level 1 and 2 classes
  - Post-rehabilitation training
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12/2012 – 03/2014

Dr. Jorge A. Sabin at Saluda Lake Medical Center

Greenville, SC

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### **Fitness Trainer and Nutrition coach**

- Design and implement personalized fitness and nutrition programs for patients
  - Helped with exercise therapy on patients with Chronic Musculoskeletal pain
  - Personal one on one training with all somatotypes and fitness levels
  - Performing body composition assessments with clinical calipers to monitor progress closely
  - Detailed patient medical health assessments to personalize patients' fitness and nutrition plans based off their medical charts (under physician supervision)
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11/2012 – 03/2013

Gold's Gym

Clemson, SC

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- Trained clients, ensuring they used proper form and technique
  - One-on-one personal training and sports nutrition
  - Trained all types of athletes to increase sports performance
  - Cardiovascular conditioning
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### **Education**

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09/2012

International Sports Science Association (ISSA)

Nationally Accredited

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- Certified Fitness Trainer
  - Specialist in Fitness Nutrition
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01/2014

International Society of Sports Nutrition (ISSN) Nationally Accredited

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- Certified Sports Nutritionist – CISSN
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### **Memberships and Additional Training**

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11/2012- Active member of the American College of Sports Medicine (ACSM)

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10/2013- Active member of the International Society of Sports Nutrition (ISSN)

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American Heart Association - CPR/AED certified

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American Red Cross - CPR/AED certified

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