

# **Celia Santana Bonino**

## **Experience**

**Exercise Physiologist** *EdenFit*; Eden Medical Center, a Sutter Health Affiliate, Castro Valley, 3/07-Present  
Design, administer and implement appropriate exercise programs for clients based on their chronic health conditions, physical limitations and needs for optimal health. Monitor and assess participants, motivate and encourage clients to improve health through modifications in exercise, nutrition, sleep, stress management and other wellness areas, research best practices for specific chronic health conditions, present health education seminars at various venues with some designed specifically for senior populations, keep detailed records, bill and collect fees, and other duties as needed and requested.

**Lecturer** California State University East Bay, Hayward Campus, 1/09-Present  
Lead activity classes in order to educate, develop, and instill a change in health and fitness knowledge and improve physical abilities in students. Boot Camp classes with emphasis on discipline, strength, cardio all at high intensity. Firm and Tone classes incorporate activity and food tracking logs, instruction on proper usage of aerobic and weight machines and nutritional changes to optimize students' fitness and health goals.

**Program Manager** of Fall Risk Reduction Program, Spectrum Community Services, Hayward, 8/04-9/06  
Develop and design fall prevention health and fitness activities based on best practices and current research, conduct Fall Risk Reduction group physical activity classes targeting disadvantaged and frail seniors in Central Alameda County, assess clients' medical and functional status at the beginning and throughout duration of participation, develop and distribute educational materials focusing on health, nutrition, fitness, wellness and quality of life issues related to the ongoing program and of interest to clients, perform outreach and be available to make presentations based on the group population, recruit, train and supervise assistant and interns, carefully monitor progress at all Fall Risk Reduction groups in order to be able to meet the reporting requirements of each financial donor, assisted in Grant writing, completed quarterly reports and developed quarterly & yearly budgets. Increased senior participation in the program from 54 to over 500 seniors within two years.

**Kinetic Instructor**, Curves, Hayward, 6/03-8/04  
Ensure and encourage proper usage of Curves equipment, conduct individual nutrition consultations, develop alternative exercises for special needs participants, anthropometrically monitor and track progress of clients, train new employees, membership and product sales.

**Exercise therapist**, Spectrum Community Services, Hayward, 4/02-3/03  
Motivated, guided, encouraged, and taught (in-home one-on-one or in groups) exercises according to ACSM guidelines to frail seniors. Researched journal articles on the benefits of exercise for seniors focusing on the reduction of falls.

**Licensed Real Estate Salesperson/Broker**, Self-employed, Alameda County, 1985 to 2001

**Communications Operator**, Hayward Police Department, Hayward, 1981-1984 and 1994-1999  
Answered 911 and non-emergency calls using computer aided equipment to dispatch appropriate police, fire, and ambulance personnel. Prioritized and managed incoming/outgoing calls and radio work under frequent high stress situations.

**Sergeant**, United States Army, Fort Ord, CA (Last Duty Station), 1977-1981  
Military intelligence, voice intercept operator in Korean language, developed technical training, supervised 8-15 soldiers, squad leader, awarded expert marksmanship, good conduct medal, and various achievement awards. Honorably discharged.

**Celia Santana Bonino**

(510) 331-6934

## **Education**

California State University East Bay, Hayward campus, School of Education  
M.S., Kinesiology, Sports Humanities Option, September 2009

California State University East Bay, Hayward campus, School of Education  
B.S., Kinesiology, Exercise, Nutrition and Wellness Option, June 2002  
Cum Laude, Deans List, Outstanding Senior 2001-2002

Chabot College, Hayward  
A.A., Liberal Arts Studies, May 2000  
Highest Honors

## **Related Course Work**

Healthcare Provider CPR valid through 07/12  
Certificate in Gerontology Chabot College on-line through ALLEGRA Learning Solutions 2006  
Certified Personal Trainer, Health and Fitness Institute, August 2001, ranked top 5%