

Julia S. Pratt, Personal Fitness Trainer
110 Sundown Road * St. Paul, MN 55101 * 651.555.8988 * bodyrefined@usbell.com



SPECIALIZING IN ... FITNESS & HEALTH MANAGEMENT / FITNESS TRAINING AND MODELING

PROFILE

Self-motivated leader dedicated to helping others improve themselves through fitness. In +10 years as a Trainer, Coach, Athlete, Referee, and EMS and Law Enforcement Professional, have gained extensive experience in the creation, implementation and supervision of wellness/fitness programs. Adaptable to all ages and degrees of ability.

FITNESS CREDENTIALS & SPECIALTIES

- Y Certified Personal Fitness Trainer, International Fitness Professional Association, #17805, expiration 10/04.
- Y Certified Kari Smythe Trainer, The K-Smythe Total Workout®, K-Smythe, Inc.
- Y K-Smythe Rehabilitative Exercise Specialist: Knees, Hips, Lower Back, and Shoulders.
- Y Mommy Fitness® Prenatal Exercise Specialist.

CAREER HIGHLIGHTS

PERSONAL FITNESS, WELLNESS & ATHLETICS

- Assistant to Kari Smythe, K-Smythe, Inc. California, K-Smythe Total Workout® Retreats, California, 1998 – present
 - Lead attendees through introduction to a program that literally reshapes the body as it resets the metabolism to burn fat at a faster rate. Program incorporates an internal, CRT™ System for the skin.
- Fitness & Wellness Instructor, White Bear Lake Community Education, 2000 – present
 - Lead 4 classes: K-Smythe Total Workout®, K-Smythe Total Workout® Introduction, Personal Profiles wellness and nutrition, and Beauty Secrets Shared in the Model Industry.
- 7th & 8th Grade Girls Volleyball Coach, Meadowbrook Middle School – Golden Valley, MN, 1989 – 1999
- Volleyball Referee, YMCA, Golden Valley High School, and Volleyball Tournaments, 3 years

MODELING

- Runway Model, K-Smythe Website and marketing materials, 2000 – present
- Robert Adamo Photo Shoot Model, 1999-present; Runway Model, MTM/Mall, 2000 - present



LAW ENFORCEMENT

- Police School Liaison Officer / Juvenile Detention Center Administrator / Deputy Sheriff, Hennepin County Sheriff's Department, Minneapolis, MN, 1995 – 2001
- Police Officer, Plymouth Police Department – Plymouth, MN, 1994

EMERGENCY MEDICAL SERVICES

- Emergency Medical Technician / First Responder, St. Cloud State University - St. Cloud, MN, 1990 – 1994

EDUCATION, TRAINING & OTHER CREDENTIALS

- B.A. in Physical Education & Sports Science / Criminal Justice Studies (dual majors), St. Cloud State University, 1994
- Graduate, John Casablanca's Modeling & Acting Center, Minneapolis, MN, 2000
- Certified First Responder, Minnesota Emergency Medical Services Regulatory Board, #516782, exp. 6/03
- Minnesota P.O.S.T. Licensed Peace Officer, #14712

AFFILIATIONS

Better Body Basics®, K-Smythe, Inc., MTM Modeling Agency, National Association of School Resource Officers, Minnesota Peace Officers Association, Minnesota Juvenile Officers Association, South West Metro Gang Task Force

LIFESTYLE & COMMUNITY PRESENCE

- KARE 11 Health Fair Volunteer
- Wayzata (Plymouth, Minnesota) High School "Athlete of the Year".
- Avid "active and balanced lifestyle" enthusiast. Bodybuilding, weightlifting, aerobics, volleyball, softball, rollerblading, hiking, biking, basketball, football, camping, canoeing. Eat sensibly. Take pride in appearance. Also enjoy family time, cooking, computers, and project multi-tasking!
- More than 5 years' experience as a public speaker / instructor for fitness, CPR, Safety topics, DARE and more.