

FITM.E.

Training for the everyday athlete

Training for M.E. is a lifestyle. A passion. A mindset.

M.aria E.vans

Since putting on my first pair of basketball sneakers, to choosing songs for my co-ed football "pump-up" playlist, I knew I had the heart of an athlete. And while I've yet to score my NBA contract or hear from the Eagles, my drive to compete is far from retiring.

Which is what landed me in Personal Training with The International Sports Sciences Association. But it didn't happen right away, and it wasn't easy. After attending Temple University and spending 7-years in the advertising world, I realized although I had a knack for the business, my heart was missing. So I stepped back and decided to look for L.O.V.E.

It didn't take long for me to realize that my purpose all along wasn't just to "pump" myself up, but to show others how to do it for themselves. Between my love for fitness, competition and leading teams of all kinds, training was a natural fit.

PROFESSIONAL EXPERIENCE - FITNESS

Private Trainer

Certified ISSA Personal Trainer and owner of private, self-ran fitness business (FIT M.E.)
(September 2017 – current)

- Private at-home personal trainer
- Outdoor boot camp instructor (equipment supplied)
- Contract group fitness instructor

Retro Fitness Personal Trainer, Group fitness Instructor & Front Desk Assistant

(August 2016 – September 2017)

PROFESSIONAL EXPERIENCE – ADVERTISING

Group Account Supervisor + Adjunct Professor at Temple University

(May 2009 – September 2017)

- Developed campaign strategy, marketing plans, and campaign analysis/ROI
- Implemented marketing tactics including digital, print, radio, tv and transit
- Taught "Digital Media and Advertising" from 2014-2017 in parallel to full time job

PHILANTHROPY – NONPROFIT

Brave Little Hearts for Michael and Friends

Board Member, Marketing Specialist (January 2018 – current)

Small Fry Cooking class

Volunteer (2014 – 2017)

EDUCATION

Temple University

BS in Communication, 2009

Major: Advertising

GPA: 3.7 (Major GPA: 3.8); Cum Laude Honors