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BUILD YOUR FITNESS RÉSUMÉ

Just as a work résumé strengthens your focus on career ambitions, a fitness résumé can do the same for your health. Matt Barrack, fitness coach at Hilton Head Health in South Carolina, explains how to create one in just five simple steps.

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Choose an objective.

Wanting to be healthier is a great overarching goal, but think about the exact steps you're going to take to make it happen. If you're just starting your wellness journey, you might want to learn how to breathe more deeply, cook one healthy meal or do a full-range squat. Put that at the top of your résumé. If you're more experienced, you might want to improve how you handle discomfort during exercise, train for a 10K or even coach others.

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Solidify your skills.

Once you conquer the burpee, for example, your next goal might be to do 10 in a row. Keep track of your progress. When you master something, add it as a skill, then set a new

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objective. “Accomplishing a goal builds confidence, and confidence creates the motivation to achieve your next goal,” says Barrack. “That’s how you make progress.”

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Go back to school.

To master something, you needed to acquire knowledge. Maybe you learned to take deeper breaths in a yoga class at a local gym or to build your running endurance from a 5K training app. Include those in the education section of your résumé.

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Create a team.

You probably have a bigger support system than you think. List everyone who has helped you on this journey—fitness trainers, health coaches, nutritionists and the like. These are your “references,” so turn to them for “recommendations” on your workouts.

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Put it on display.

Don’t write all this down and then toss it aside. Post it on your fridge or in another spot where you’ll see it daily. “Just like a career résumé, you should always be adding to your fitness résumé,” says Barrack.