

ALEX MARION, RMT, BASc, CFSS

3508-16 Yonge St., Toronto, On, M5E 2A1 | C 416-452-5552 | alex.marion@gmail.com

SUMMARY

Motivating and talented multidisciplinary health professional driven to inspire colleagues and students to pursue professional and personal excellence. Strives to create a challenging and engaging learning environment in which students become life-long learners.

QUALIFICATIONS

- More than 12 years experience assessing and teaching in the health and fitness industry
- Exceptional ability to evaluate and prescribe treatments and exercise for soft-tissue and movement dysfunctions
- Excellent verbal and written interpersonal skills including experience in customer service, sales, entrepreneurial and leadership roles
- CMTO and RMTAO member
- CPR and AED Certified (Canadian Red Cross)

ACCOMPLISHMENTS

- Grew revenue by \$100K in the first year by spearheading development of Fascial Stretch Therapy service at Medcan.
- Personally instructed over 200 students who have successfully completed certification in Fascial Stretch Therapy with Stretch-To-Win Canada.
- Selected by a Pan Am Games Bronze Medalist runner to provide fascial stretch therapy as she makes her first attempt to qualify for the Canadian Olympic Team.
- Designed and instructed a series of kettlebell training workshops as well as taught a unit on Kettlebell techniques at George Brown College's Fitness and Lifestyle Management Program in the winter term of 2008 and again in 2009.
- 18 years of martial arts experience with the rank of 1st degree red sash in Wing Chun Kung Fu

CLINICAL EXPERIENCE

- Eliminated pain and corrected gait dysfunction in a runner suffering from ITB friction syndrome and shin splints over the course of six treatments.
- Restored full bite ROM, corrected TMJ movement dysfunction and eliminated recurrent pain in a client who previously was having difficulty eating normally.
- Worked extensively increasing energy levels, ROM and functional status of several clients suffering from limitations and complications arising from *ankylosing spondylitis*.
- Helped rehabilitate clients from a variety of previous injuries sustained from causes such as motor vehicle accidents, competitive sports injuries, and chronic postural deficiencies.
- Motivated and supported multiple clients to achieve weight loss objectives of 20+ lbs.

ADDITIONAL SKILLS

- Successful entrepreneur maintaining a private fitness and massage practice.
- Bilingual (English and French).
- Excellent knowledge of computers including hardware and software applications.
- Developed and produced a variety of health and fitness marketing and instructional materials.

References available upon request

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WORK HISTORY

Instructor	Stretch To Win Canada	2014 - Present
Registered Massage Therapist	AMWell (self-employed)	2013 - Present
Certified Fascial Stretch Specialist, Registered Massage Therapist, Personal Trainer	Medcan	2012 - Present
Trainer / Fascial Stretch Therapist	Power Institute	2009 - Present
Personal Trainer	AMFit (self-employed)	2006 - Present
Master Trainer	Goodlife Fitness	2007-2008
Instructor	Center Line Martial Arts Systems	2003 - 2010

EDUCATION

Master in Practice Diploma of Osteopathic Manipulative Sciences Canadian Academy of Osteopathy	Anticipated 2019, Hamilton, ON
Diploma of Massage Therapy Sutherland-Chan School and Teaching Clinic	2013 Toronto, ON
Baccalaureate of Applied Science in Kinesiology University of Guelph	2012 Toronto, ON
Advanced Diploma in Fitness and Lifestyle Management George Brown College	2007 – 2009 Toronto, ON

REGISTRATIONS & ADDITIONAL TRAINING

Myokinematic Restoration Postural Restoration Institute	2015, Guelph, ON
Original Strength Foundations DTS Fitness Education	2015 Toronto, ON
Certified Fascial Stretch Specialist Stretch To Win – Level 3 Medical	2015 Tempe, AZ
DTS Level 1 DTS Fitness Education	2014 Toronto, ON
Registered Massage Therapist College of Massage Therapists of Ontario	2013 Toronto, ON
Functional Movement Screen Certified Functional Movement Systems	2013 Toronto, ON
Certified Personal Trainer Canadian Society of Exercise Physiology	2009 Toronto, ON

References available upon request