

RESUME

Maritza Martinez

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North Olmsted, Ohio 44070
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BACKGROUND SUMMARY

Highly respected and experienced fitness trainer with expertise in progressive resistance strength training. A self-starter with a record of creating professional projects in public wellness, healthy meal preparation, and support groups. Presenter of exercise fitness on television, radio, and in forums. Former competitive powerlifter and world class amateur bodybuilder and trainer to champions. Model for art and photographs. Certified Fitness Trainer (CFT) by the International Sports Science Association (ISSA).

PROFESSIONAL

Maritzas Dream Team Total Health and Wellness, North Olmsted, Ohio — 2007 - Present

Founder and Sole Proprietor

Established a new company to present my personal training, health, wellness, and fitness philosophies and services to the general public. My greater mission is to form a growing partnership of equally passionate individuals committed to health and wellness with the ultimate goal of making Ohio the healthiest state in the Union by providing leadership, training, and inspiration to motivate the general public to adopt healthy lifestyles.

The Lu-Jean Clinic, Feng Fitness, Pepper Pike, Ohio — 2006-2007

Manager and Founding Business Consultant

Consulted and assisted in the concept, planning, equipment specification, and startup of a full service, personalized training specific, fitness center. After the business was started I was hired as the full time business manager with personnel, scheduling, sales, and day-to-day operations responsibilities.

One to One Fitness Center, Case Western Reserve University, Cleveland, Ohio — 1992 - 2006

Exclusive Personal Trainer

Provided personal training, strength conditioning, general fitness, and healthy lifestyle support services to university staff, students, physicians from area hospitals, and community business members.

Maritza Fitness Systems, North Olmsted, Ohio — 1994 - 2006

President and Chief Trainer

Founded and managed a successful fitness training and health service. Responsible for profit/loss, marketing, and sales as well as program design and training sessions. Outstanding customer service.

Healthy Meals - *Delivered!*, Cleveland, Ohio — 1986 - 1994

Founder

Created and developed unique business model of office delivery of nutritious healthy low fat, high protein meals in single portions. Clients include major law firms, Federal Justices, and businessmen in downtown Cleveland and environs. Wrote recipes, prepared food and packaging, and developed sales.

Ramos Group Personalized Training, Cleveland, Ohio — 1985 -1992

President

Maintained small fitness center in under-privileged residential area. Created the fitness-training concept of group personal training, where attention is shared among a small group yet maintaining a personal touch. Training is done where typical distractions and pressures of a commercial gym are avoided. Unexpected result is the development of a supportive community for fitness by members of training groups.

Modelo Dental, Cleveland, Ohio — 1982 - 1989

Dental Assistant 1982-87 • Dental Technician 1987-89

Assisted in dental procedures by preparing patients, sterilizing and disinfecting instruments, setting up instrument trays, and preparing materials. Instructed patients in oral hygiene and plaque control programs. Cleaned teeth, using dental instruments. As technician, also constructed and repaired dental appliances such as crowns, bridges, and dentures. Did dental office work such as schedule appointments, billing and receiving for dental services, complete insurance forms, and maintain patient dental records.

BOARDS AND CIVIC ACTIVITY

Minority Women with Breast Cancer Uniting, Inc.

Board Member

MWBCU offers a support group and education for minority women diagnosed with breast cancer and sponsors educational programs to educate professionals about special needs of minority patients and encourages women to participate in clinical trials. Through its fund raisers, MWBCU provides financial assistance to minority breast cancer patients in the northeast Ohio area. All funds are used in the northeast Ohio area. MWBCU members also participate in legislative advocacy through NOBCC and the National Breast Cancer Coalition.

Preventathon

Co-organizer

Raised over \$35,000 for breast cancer awareness and support. The Preventathon is a run-walk and fitness event in partnership with Minority Women with Breast Cancer United, Inc. (MWBCU) to bring awareness of the effects, introduce preventive measures, and to support the warrior/survivors of breast cancer support in the minority community.

Cleveland Convention Center Exercise Program

In response to media news that Cleveland was one of the most unfit cities in the country, I organized and donated, my time to teach and lead lunchtime fitness sessions three times a week with employees of the Cleveland Convention Center Staff.

Exercise to Cancer Freedom Program

As part of my support for cancer survivors and preliminary studies that link exercise with cancer healing, I donated time to train survivors in light weight training and fitness lifestyle management.

Seniors Breakfast Club

Fascinated by the activeness of modern seniors, I have trained the early risers at a local gym to enhance their quality of life and maintain active lifestyles in their golden years.

EDUCATION

Associate in Science of Dental Technology — Cuyahoga Community College, Cleveland, Ohio, 1985

Catholic University, Ponce, Puerto Rico — Completed 3 years of Business Administration, 1975-1978

PROFESSIONAL CERTIFICATION

Certified Personal Trainer, Level CFT-1 by ISSA (International Sports Science Association)

Specialty courses: Sports Nutrition and Sports Strength Training

CPR - American Red Cross

AWARDS AND RECOGNITION

Minority Women with Breast Cancer Uniting, Inc.

Award for outstanding support and work on behalf of the organization — 2001 & 2003

BODYBUILDING COMPETITIVE RECORD

<u>YEAR</u>	<u>COMPETITION</u>	<u>WT. CLASS</u>	<u>PLACED</u>
81	Canton Hall of Fame Bodybuilding Championships	MW	3rd in Class
82	Cleveland Bodybuilding Championships	MW	1st in Class
83	Mid-Continental Bodybuilding Championships	MW	1st in Class
83	Miss America Bodybuilding Championships	MW	10th in Class
84	U.S.A. Bodybuilding Championships	MW	7th in Class
84	Ohio Bodybuilding Championships	MW	1st in Class
84	Miss America Bodybuilding Championships	MW	9th in Class
85	Miss America Bodybuilding Championships	MW	7th in Class
86	U.S.A. Bodybuilding Championships	HW	15th in Class
86	Women's National Bodybuilding Championships	HW	12th in Class
87	Ohio Bodybuilding Championships, Best Overall & Poser	HW	1st in Class
87	Junior National Championships	HW	2nd in Class
87	IFBB Carribean Night of Champions	HW	1st in Class
87	IFBB Miss Universe (Formerly Women's World)	MW	9th in Class
88	U.S.A. Bodybuilding Championships	HW	5th in Class
88	Women's National Bodybuilding Championships	MW	3rd in Class
89	IFBB Women's World Invitational Championships	MW	2nd in Class
93	Puerto Rico National Championships	MW	1st in Class
94	Puerto Rico National Championships	HW	1st in Class
95	IFBB Women's World Championships (Belgium)	HW	15th in Class

I am available for personal fitness counseling, personal training, interviews, demonstrations, seminars, television appearances, and commercial endorsements.