



# Shaghayegh Riahi

**Fitness trainer**

DoB: 1981-02-12

Marital Status: Single

## Contact



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Thailand

## Skills

**Sports Nutrition & Diet Planning** – Knowledgeable in nutrition strategies for weight management, muscle building, and overall health improvement.

**Personalized Workout Design** – Expert in creating tailored fitness programs based on individual goals, fitness levels, and physical limitations.

**Strength, Functional & Corrective Training** – Skilled in resistance, functional, and corrective exercises for optimal performance and posture.

**Exercise Physiology & Biomechanics** – Apply scientific principles to enhance performance and prevent injury.



## Profile Summary

Dynamic and certified Fitness Trainer with over 10 years of experience in creating personalized workout regimens and nutrition plans tailored to individual client goals. Proven track record of motivating clients to achieve results through engaging training sessions and unwavering support. Strong knowledge of exercise physiology and injury prevention, coupled with excellent communication skills and a passion for promoting a healthy lifestyle. Committed to fostering a positive environment that inspires clients to push their limits and achieve their fitness aspirations.



## Education

### Bachelor of Nutrition science and dietitian

Branch: Science And Research Branch

Institute/University: Islamic Azad University

Tehran, Iran

2000 - 2004



## Work Experience

### Fitness trainer/Personal trainer

Private Gym

Bangkok, Thailand

2024 - Present

### PE teacher

Pan Asia international school

Bangkok, Thailand

2023 - 2024

### Tasks and Achievements

- Developed and implemented engaging physical education curricula for students promoting lifelong fitness and healthy lifestyles.
- Organized and facilitated various sports events and tournaments, enhancing students' teamwork and leadership skills.
- Conducted fitness assessments and provided personalized feedback to help students improve their physical capabilities.
- Collaborated with faculty and staff to integrate physical education with overall academic goals, contributing to school-wide wellness initiatives.
- Trained and mentored student athletes, fostering their skills in leadership, sportsmanship, and resilience.

**Fitness Assessment & Progress Tracking** – Conduct fitness evaluations, body composition analysis, and monitor client progress.

**Group Training & Bootcamps** – Able to lead engaging, high-energy group sessions effectively.

**Power Pilates** – Conducts advanced Pilates sessions focused on strength, flexibility, and core stability.

**Cardio & Tabata Training** – Experience in high-intensity cardio workouts and Tabata intervals for fat loss and endurance.

**EMOM (Every Minute On the Minute) & Hyrox Training** – Skilled in creating functional, performance-oriented workouts used in competitive and fitness challenges.

**Communication & Motivation** – Clearly explain exercises and goals, keeping clients engaged and motivated.

**Empathy & Client-Centered Approach** – Understand client needs and design programs tailored to their limitations and preferences.

**Time Management** – Efficiently structure training sessions to cover warm-up, main exercises, and cool-down.

**Problem-Solving** – Identify obstacles to progress and implement practical solutions.

**Adaptability** – Adjust training plans dynamically according to client condition, schedule, or available equipment.

## Language

**English** : Upper Intermediate

**Persian** : Proficient

## CrossFit Trainer - EQF level

4Armis Fitness Club

Iran

2020 - 2023

### Tasks and Achievements

To monitor and develop exercise programming based on the athlete's current and ongoing fitness and performance goals, fitness level, readiness for training, performance (relative to goals, level, and readiness for training), lifestyle patterns, diet, and nutritional needs.

## Fitness Trainer Gym

Shine gym

Tehran, Iran

2019 - 2020

### Tasks and Achievements

- Developed personalized fitness programs for over 20 clients.
- Conducted group fitness classes.
- Monitored client progress through regular fitness assessments.
- Implemented nutrition coaching sessions that complemented fitness programs, resulting in clients reporting higher satisfaction with their overall health.

## Dietician & Diet Planner

Celak Teb company

Tehran, Iran

2012 - 2017

### Tasks and Achievements

To counsel clients on nutrition issues and healthy eating habits to promote health and manage disease and to conduct food service or nutritional programs to help people lead healthy lives

- Developed personalized meal plans for over 100 clients, improving their overall health and achieving a 90% client satisfaction rate.
- Collaborated with healthcare professionals to create dietary guidelines for patients with chronic illnesses, enhancing compliance and treatment outcomes.

## Nutritionist Expert

Shokufa Kindergartens

Tehran, Iran

2003 - 2011

### Tasks and Achievements

- To consult parents on matters of food & nutrition impacts on kid's health and to provide advises upon required diet for children in need .
- Developed personalized nutrition plans for over 100 clients.

## Social Network



tia.ria



tia.r1981



## Certificates

### **Fitness Instructor , Personal Trainer EQF level4**

Institute: The European Register Of Exercise Professionals (EREPS)

2023

### **TESOL Course**

Institute: International TEFL Training Institute

2020