

## Frits Volmuller



Age: 44

Nationality – Dutch-

*Certified: Medical Exercise Specialist, Personal Trainer, Group Fitness Instructor, Golf Fitness Specialist MMA Sports Conditioning Specialist, Health - and Nutrition Coach*

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### **Summary**

After High School - I went to The Institute of Higher European Studies (European University) in The Hague (NL) which is a Marketing and Business Communication based study (graduated. - 1999)-. In the late 1990's I became the owner of **Lady Sport**; a gym for only women in The Hague.

After 1.5 Years I had to expand the gym with an additional building. With a total of 750 members, I sold it after almost 10 years with an ISO 9001-2000 Certification for Health & Fitness. With my family I moved to Bonaire (Dutch Caribbean). On Bonaire I turned the centuries old EWOWO discotheque into a Fitness Center - named *Health & Fitness Center Bonaire (HFC Bonaire)* . In 2011 I sold HFC Bonaire and moved to Curacao where I founded *Kamakura Sports Academy*, a today well known kickboxing and boxing gym on Curacao. At the moment I am back on Bonaire as a *Certified Medical Exercise Specialist, Health Coach and Personal Trainer*. I work full time with different type of clients. Examples are elderly who have cardiovascular diseases, diabetics, patients from hospital, after their first stages of recovery and are now being guided to start a new and healthy life style. Furthermore I train athletes and sports enthusiasts with **Sport Specific programs (ranging from Tennis, Kickboxing, Boxing and Athletics)** and healthy adults who want to stay fit and need an individual fitness program.

### **Experience**

#### **Owner at Active 4 Health Consulting**

March 2014 - Present (Frits Volmuller) is a Medical Exercise Specialist, Health Coach & Personal Trainer, specialized in *HIIT (High Intensity Training) and Thai-pad & Boxing Training, Core-Pilatus* which form an important part of the training sessions. During the past 18 years, Frits has become an experienced Gym - Health Club Manager and Trainer / Coach. Implementing **ISO 9001** and other Quality procedures for the Health and Fitness Section is one of his specialties.

#### **Les Mills BodyCombat Instructor at Health & Fitness Center Bonaire**

January 2014 – Present- Certified Les Mills Body Combat Instructor in 1998. Teaching these classes in 2 Gyms in The Hague - The Netherlands

#### **Owner and Manager at Active 4 Health Consulting Bonaire**

January 2013 – present - I became owner of Active 4 Health Consulting / Fight For Fitness Bonaire. Personal Training – Health Coaching which means coaching and instructing fitness & moving to people of all levels in the Bonairian society.

**Owner Curacao Sport Ltd. (Kamakura Sports Academy)**

July 2011 – 2013

In 2011I founded Curacao Sport BV. Kamakura Sports Academy is a gym Curacao focused on group exercises, mainly in the field of boxing & kickboxing

**Owner and trainer at Kamakura Curacao**

January 2012 - November 2013

**Les Mills BodyCombat Instructor at Sports & Health Club The Challenge Curacao**

November 2012 - July 2013

2011-2012 I was BodyCombat Instructor at Sports & Health Club The Challenge in Curacao.

2007-2011 Owner of Health & Fitness Center Bonaire (HFC Bonaire)

1998-2007 Owner of LadySport The Hague

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**Skills & Expertise**

Medical Exercise Specialist (Post Bachelor Degree – Certification)

Health & Life Style Coach (American Council on Exercise)

Personal Training individualistic approach Quality Management Communication Functional Training Group Exercise Instruction practical training

Sports Coaching Fitness Training Sports Management Microsoft Office

Languages

- Fluent: English — Dutch
- Good:, Spanish, Papiamento, German

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**Education**

**AFAA - Aerobics and Fitness Association of America.** Certified:

- Group Fitness Instructor, Health and Physical Education/Fitness, 2000 - 2001

- **AALO Advanced, Certified:**

AALO Advanced Group Fitness / Aerobics Instructor, Sports and Exercise, 1999 - 2001

Grade: HBO (level Bachelor)

Activities and Societies: I was a fitness & group instructor during this time where I taught at 4 different gyms - & Fitness/Health Clubs.

**American Council On Exercise (Ace) – Certified;**

- Group Exercise Instructor,
- Health & Nutrition Coach,
- Medical Exercise Specialist (Post Bachelor Certified),
- Personal Trainer

**NASM - Certified:**

- NASM Mixed Martial Arts Conditioning Specialist (MMACS)
- NASM Golf Fitness Specialist (GFS)

**UNIVERSITY OF EUROPEAN STUDIES** (The Hague- NL): Degree:

- Bachelor of Arts (B.A); Business, Management, Marketing, and Related Support Services, 1992 - 1999

Activities and Societies: Specialization; International communication management. During the third year of the study I went to the John Moores University in Liverpool (Journalism). I had my internship (fourth year) at an agency that licensed marathon runners and other professionals in athletics.

Certifications

**AALO Opleidingen bv** – Certified:

- AALO ADVANCED AEROBICS-GROUP EXERCISE INSTRUCTOR
- AALO ADVANCED STEPS INSTRUCTOR

Publications

**Newsletters "Fight 4 Fitness" Personal Training**

Bonaire January 1, 2015 -.> present Authors: Frits Volmuller

Practical info on start doing sports, moving, effects of sports, exercises / working-out, nutrition, and more.

Organizations

**Moving is Medicine**

Ambassador

October 2013 to Present

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