

Uriel N. Riley

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Professional Profile

I, Uriel N. Riley, have been training for health therapy almost all of my life. I always have been a well rounded athlete and writer. It has always been very important to me to be and stay healthy. This is something that I have helped the youth and grownups with . I Since Have been Training Pro Teams and Professional Athletes and non-athletes to help improve their conditioning and muscle Endurance. Last August I got back from Istanbul Turkey Training the Libyan National Basketball team. This was by far my best experience and it was huge Success! I am certified A.C.E fitness trainer, certified Premier fitness Trainer, CPR, AED , Expert rating certified. I'm also a published Writer! I was a 3 sport athlete in high school and a 2 sport athlete in division 1 in undergraduate school. I Received a BA in Communications Speech at Monmouth University in 2002. I can really help anyone. First of all I would like to make sure that you are clear on what my philosophies are and how they will translate into keeping the team or person healthy. Stretching properly is the most important part of any persons or athlete's workout. No matter if you are working out or not, everyone should stretch. I am so passionate about helping American people and athletes to stay healthy and functioning at a high level. This all helps the immune system. This Makes Us Healthy!??? That's My Goal to Make the world a Healthier Place!!!

- Professional Fitness Trainer
- Great People Skills
- CPR Certified
- ACE Fitness Certified

- Premier Fitness Certified
- Skilled in Injury Prevention
- I Was a Pro High Level Athlete
- Skilled Motivator and Public Speaker

Professional Accomplishments

WorkNet Pinellas YouthBuild Specialist:

- Instill motivation to the YouthBuild Trainees
- Monitor class and collect data
- Instill a Wellness Plan
- Teach Leadership class
- Transport Youth

Trained the Libyan National basketball Team

- Trained Becitas Soccer Players
- I Played Pro Football Orlando Predators
- Trained with and trained Many NFL AFL NBA Players
- Trained over 100 non-athletes with 90% success

Worked at Gyms and Wellness Center`

- Fitness Trainer at lifestyle family fitness
- Won Team Mate of the Month in August 07 at St. Anthony's Carillon Wellness Center
- I was in charge of the whole gym at night. I maintained the equipment and was involved in stretching all members!
- This also gave me salesmanship. I Learned a lot from other trainers as well

Given over 35 Motivational Speeches

- I give motivational speeches for Schools
- I give performances for Church's
- I perform for Charity events
- I give speeches and concerts for Huge Business events

Work History

HarmonyUs Yoga / Stretching Instructor April 2012- current

L.A Fitness Personal Trainer Dec. 2011 – Feb 2012

Strength and Conditioning Coach	Libyan NBT, Tripoli Libya	May 09- August 09
UReal Slim Health and Fitness Training	UReal Slim ,	I'm the Owner and I still work under this business
St. Anthony's Carillon Wellness Center	St. Anthony's, St. Pete. Fl	March2005- February 2008
Lifestyle Family Fitness	Lifestyle Family Fitness, West Chase, Tampa, Fl	June 2005 May 2006

Education

Bachelors of Arts	Monmouth University, West Long Branch , N.J	December 2002
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Workout Plans

Workout Plan

- 1. Take Blood Pressure**
- 2. Collect data on all ages and body weights**
- 3. Every Workout consist of 15min stretch**
- 4. Flexibility test**

5. Strength Test, Cardio Strength Test

Based on the results, I determine each person's strength and conditioning plan. The adjustments can be made to repetitions or to the weight. Whenever you balance yourself you are activating your core muscles. The muscle contraction is the tearing of your muscle fibers. Our body uses oxygen and rest to repair the broken down muscle and makes it stronger. This is why rest is important and I don't recommend working out more than 6 days a week.

I Uriel Riley am also certified in CPR by the American Heart association. Since I am and was a high level athlete I understand what I wanted from my trainer and what it takes to make everyone happy and healthy. I can't win if you don't Win!

Dishwasher Test

-2
80%

c 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

c 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

d 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

b 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

c 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chaffing dishes)
- d) Harsh chemicals
- e) All of the above

a 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

c 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

c 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

c 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

b 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution