

● **SANDRA BLACKIE**

2949 Garnet Ave., San Diego, CA 92109 (858)273-4151 • cell : (619) 977-5779 . Fax: (858) 273-4196

Summary

Professional Fitness Consultant and Celebrity Pro Athlete with over 25 years of experience in nutrition, athletic training and consulting. Experienced in program design, seminar presentation, individualized exercise and nutrition counseling, health & fitness writing. Capable of managing any Fitness Facility. Excellent teaching skills. Staff management experience with particular emphasis on the training of exercise technicians and instructors. Adept at organizing special fitness events. Able to maintain effective interaction with diverse clientele, staff, and members of the public. Diverse experience with all forms of media. Fluent in French. Computer literate. Completed all PSI Seminars in personal growth & leadership.

Professional Experience

Nutrition and Exercise Consultant,

- OWNER of FREEDOM OF FITNESS: Sept 2008 - present
- OWNER of LEANER LIFESTYLZ: February 1, 2000 – Sept 2008
- BODYWORKS: Health & Fitness, Nutrition Counselor from July 2006 - present
- FITNESS MANAGER for PSI SEMINARS Corporate Staff from Jan. 19, 2005 – Oct. 2, 2005
- OWNER of FITNESS CONCEPTS SAN DIEGO as of April 1, 1997 which became LIVING LEAN.
- Responsible for the daily operations of the San Diego office (i.e. counseling, personal training, program design, marketing, office management, & accounting.)
- Counsel clients on nutrition in the area of lifestyle change, weight loss, increasing lean body mass and enhancing athletic performance.
- Give seminars on fitness-related subjects to businesses, athletic facilities and at special events.
- Train competitive bodybuilders and fitness competitors for competitions – all levels: pro – amateur.
- Provide one-on-one training services for clients in a variety of facilities in the San Diego area.

Independent Fitness Consultant /Celebrity Professional Athlete (1985-1997)

- Compete at the professional level for the International Federation of Bodybuilders (I.F.B.B.)
- Do guest appearances and seminars, as a pro bodybuilder, across the U.S.A. and internationally.
- Featured in many internationally known fitness & bodybuilding publications. (i.e. Muscle & Fitness)
- Appeared on television and in film. Member: Screen Actor's Guild (S.A.G)
- Authored several health & fitness articles published in Muscle Mag Int. and Flex Magazines.
- Provided one-on-one fitness training and nutrition counseling for clients. Self employed.

Exercise and Nutrition Counselor, Joe Weider's Muscle and Fitness Camps, (1988-1991)

- Camp counselor for groups of 8-12 students. Voted "Most Valuable Counselor" for '90 & '91.
- Provided group training sessions in weight training, cardio vascular exercise, and nutrition.
- Assisted the Educational Director of Fitness Camps by leading group study sessions.
- Participated in the building of the gym & its equipment and breakdown at the end of each summer.

Aquatic Director, Cities of St. Lambert & Otterburn Park, Quebec, (1974-1986)

- Supervised groups of 8-12 employees, developed Aqua-Fitness and Aqua-Baby classes, taught all level of Red Cross Swimming & Water Safety Programs, taught classes to develop swimming & water safety Instructors and life guards. Saved an epileptic girl from a near drowning.

Education/Certifications/Professional Associations

Concordia University, Montreal, QUEBEC, 1984, B.A. Recreation and Leisure Studies. Major: Nutrition
Champlain Regional College, St. Lambert, QUEBEC, 1977, Degree in Arts and Languages, D.E.C.
IDEA, Professional member and liability insured. Attends annual conventions
YMCA/YWCA, Certified Fitness Consultant and Swimming Instructor Certification
N.A.S.M. 1999, National Academy of Sports Medicine, Certified
N.A.S.N. 2000, National Association of Sports Nutrition, Certified
AFAA, 2003, 2005 Fitness Counselor / Advanced Personal Trainer Certification
American Heart Association, 2003, 2005 CPR & Heartsaver AED, Certified
PSI Seminars: Basic: Oct. 03, PSI-7: Life Success Course: Oct. 03, PLD (Pacesetter Leadership Dynamics): Nov. 03- March 04, Woman's Leadership Seminar: March 04, One-Year Coaching Program.
"It Takes a Village", 14 C.E.U.'S, March, 2006, Eating Disorder Seminar

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**I.F.B.B. Professional Bodybuilder Member: Screen Actors Guild
Owner of LIVING LEAN**

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BODYBUILDING TITLES & PLACINGS

BORDER STATES 2004: Figure Competition: Master's Over 45: 2nd place, Open Class: 4th place.
PRO IRONMAN INVITATIONAL 2003 Figure/Model Search Tall Class 5th place
BORDER STATES MUSCLE CLASSIC 2002 Master's Figure Division 1st Place
JAN TANA MUSCLE CLASSIC 1995. Participant
JAN TANA MUSCLE CLASSIC 1992. Ms. Olympia qualifier. 4th Place
CANADA PRO CUP 1994. 7th Place
MS. OLYMPIA. Contender 1990, 1991, 1992
AMATEUR WORLD BODYBUILDING CHAMPIONSHIPS, Singapore 1986. 4th Place
CANADIAN NATIONAL CHAMPIONSHIPS 1986. 1st Place
PRO-AM MIDWESTERN USA CHAMPIONSHIPS 1986. 1st Place
MONTREAL BODYBUILDING CHAMPIONSHIPS 1984. 1st Place
GREAT LAKES MUSCLE CLASSIC, Toronto, 1983. 1st Place

MEDIA APPEARANCES

RADIO: *KCBQ 1170 AM, Fitness Tip of the Day from June – September 2001,
The Eagle 94.1 FM, FITNESS & NUTRITION Radio spot: Fitness Tip of the Week.
Segment with Jayne Asher*

TELEVISION: *KFMB NewsCelebrity Health & Fitness with Victoria Johnson, Arsenio Hall,
Rachael Gunn, R.N., Tales from the Crypt, Regis and Kathie Lee, American Muscle, Matlock,
Magazine, Beverly Hills 90210, Montel Williams Show, Maury Povich, Various news interviews*

FILM: *Predator II, The Wild Thing.*

MUSIC VIDEOS: *David Lee Roth's, "A Little Ain't Enough," Glen Frey's, "Livin' Right"*

PRINT: *LaJolla Light Newspaper, NutriMag Magazine, Living Better Magazine, Muscle & Fitness,
Ironman Magazine, Muscle Mag International, Flex Magazine, Women's Physique World and various
other fitness related magazines.*

MEMBER: Screen Actors Guild (S.A.G.) Studied at the Tracey Roberts Studio.

SEMINARS AND SPECIAL EVENTS

SEMINARS ON HEALTH & FITNESS: City of San Diego Employees, Land America Corp., John Burnham Ins. Co., J.E. Eddington Co., Inc., Road Runner Sports Store, City of San Diego Employees, Women's Athletic Club in Scripps Ranch, Brobeck, Fletcher & Harrison Law Offices, YMCA Speaker Series at Downtown Branch, Seminar Tour in the Mexico City area, Joe Weider Muscle & Fitness Camps, N.Y. & L.A., Del Mar Workout Gym, Delta Gamma Sorority House at SDSU, Presenter for the Aquatic Exercise Association / IAFC 2003, Mesa College, Sports Nutrition Program, Social Scorpions (Women's Pro Football Team).

PROMOTIONS & SPECIAL EVENTS: Oshman's "Get Fit '96," Oshman's "Women in Sport," Grossmont Hospital's 40th Anniversary, YMCA Health Fair, Grand Opening Max Muscle, Lake Forest.

NATIONAL PHYSIQUE COMMITTEE (N.P.C): Judge, Sponsor NPC events in Southern California, and Master of Ceremonies for Amateur Bodybuilding Shows in California.

EDUCATIONAL DIPLOMAS & DEGREES

PSI SEMINARS: Basic: 2/03, PSI 7: 10/03, PLD: 11/03-3/04, Women's Leadership Seminar: 3/04.

CONCORDIA UNIVERSITY: Montreal, Quebec, 1984 B.A. Recreation & Leisure Studies Major: Nutrition

YMCA/YWCA CERTIFIED FITNESS CONSULTANT: Montreal, Quebec, 1987

NATIONAL ACADEMY OF SPORTS MEDICINE: 1999

NATIONAL ACADEMY OF SPORTS NUTRITION: 2000

AMERICAN HEART ASSOCIATION: 2003, 2005 Heartsaver AED

AEROBIC & FITNESS ASSOCIATION of AMERICA: 2005, Advanced Certification, Recertified
"IT TAKES A VILLAGE" 14 C.E.U's, Seminar on Eating Disorders, March 2006