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| Joseph Lore

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| Joseph.lore90@gmail.com |
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| 8083513562 |
| ObjectiveTo promote and change the culture around health and wellness. Empowering people to take control of their health while leading by example. |
| SkillsI’m an exceptional team player. I feel right at home in a gym and talking about anything health related. I am compassionate and empathetic towards others. |

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| EducationHealth & Exercise Science AB TechI am in my 2nd semester at AB Tech. I plan on transferring to UNC in the spring.**HOLISTIC LIFESTYLE COACH**C.H.E.K. InstituteThis is where I’m focusing most of my educational attention. **\***I’m also taking a course called Mastering the Kettlebell. |
| ExperienceUs army corps of engineersSept 18 2012- Sept 18 2016During my service, I excelled due to my physical readiness. I attended leadership courses, led physical training, and developed myself exponentially.Rudys Wholesale FurnitureFeb 15 2019- October 15 2019. During my time at Rudys, I sold furniture as well as delivered to the customers house. |
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