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| Joseph Lore  |  | | --- | |  | | Joseph.lore90@gmail.com | |  | | 8083513562 | | Objective To promote and change the culture around health and wellness. Empowering people to take control of their health while leading by example. | | Skills I’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. | |  | |  | | --- | | EducationHealth & Exercise ScienceAB Tech I am in my 2nd semester at AB Tech. I plan on transferring to UNC in the spring.  **HOLISTIC LIFESTYLE COACH**  C.H.E.K. Institute  This 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 2016 During 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. | |  | |