

MAGGIE FEKETE, E-RYT 500, CHC, BCHHP, CPT

EXERCISE AS MEDICINE SPECIALIST | EXPERIENCED EXERCISE & WELLNESS PROFESSIONAL

Columbus & Athens, Ohio

| (614) 719-9616

| Maggie@MaggieFekete.com

EXECUTIVE SUMMARY & PROFESSIONAL PHILOSOPHY

Passionate about partnering to improve health outcomes through Exercise as Medicine principles; empowering individuals to safely increase physical activity, manage chronic conditions, reduce disease risk, and enhance quality of life through sustainable lifestyle changes. Dedicated to collaborating to safely bridge the gap between medical care and exercise.

Exercise is one of the most effective tools available to prevent disease, improve function, and enhance quality of life. My mission is to inspire individuals through safe, evidence-based exercise, nutrition, and lifestyle coaching to support lifelong health, independence, and well-being.

SUMMARY OF QUALIFICATIONS

- Practiced exercise and health professional with more than 18+ years of clinical and community-based experience helping individuals of all ages, including those managing chronic disease and recovering from injury or surgery, improve their health outcomes through evidence-based exercise, nutrition, and lifestyle interventions.
- Clinical background as a Registered and Licensed Dietitian combined with advanced certifications in Personal Training, Health Coaching, Yoga Instruction, and Sound Healing provides a unique ability to develop comprehensive individualized wellness programs for all ages and conditions that improve strength, mobility, balance, independence, and overall quality of life.

CORE COMPETENCIES

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| ▪ Wellness Program Development | ▪ Exercise Programming & Progression | ▪ Balance & Fall Prevention |
| ▪ Nutrition & Health Coaching | ▪ Personal Training & Functional Fitness | ▪ Yoga & Meditation Instruction |
| ▪ Motivational Interviewing | ▪ Recovery Support & Sound Healing | ▪ Virtual Wellness Platform |
| ▪ Lifestyle Behavior Change | ▪ Weight Management & Healthy Aging | ▪ Client Relationship Management |
| ▪ Chronic Disease Prevention | ▪ Strength & Mobility Training | ▪ Physician & Medical Collaboration |

PROFESSIONAL EXPERIENCE & HIGHLIGHTS

MAGGIE FEKETE, LLC, Columbus & Athens, Ohio

Exercise & Wellness Specialist | 2013-Present

Design and deliver individualized wellness programs integrating strength training, cardiovascular conditioning, flexibility, balance, nutrition, recovery strategies, and behavior change coaching. Partner with kids and adults across a broad spectrum of fitness levels and health conditions to improve mobility, independence, functional capacity, long-term health, and overall quality of life through evidence-based exercise and wellness interventions.

- Develop personalized exercise and wellness programs based on client goals, health history, functional assessments, and medical considerations.
- Provide one-on-one and small group training emphasizing functional movement, balance, mobility, strength development, and healthy aging.
- Deliver nutrition education and health coaching that supports sustainable lifestyle modification.
- Teach private and group yoga classes focused on flexibility, mobility, breathing mechanics, stress reduction, and recovery.
- Present community education programs, wellness workshops, grocery shopping education, and cooking demonstrations.
- Organize healthy lifestyle educational events and retreats at TheGuestBungalow.com
- Maintain long-term client relationships through individualized coaching and progress monitoring.
- Manage all aspects of business operations including marketing, client communications, scheduling, and program development.

Professional Highlights & Accomplishments:

- Successfully coached thousands of individuals towards improved health, mobility, functional fitness, and long-term wellness.
- Created an online wellness platform (TheGuestBungalow.com) delivering live and on-demand education and exercise programming.
- Developed customized programs for aging gracefully, chronic disease prevention, weight management, and functional independence.
- Built long-term client relationships through personalized coaching and measurable progress monitoring.

AdventHealth Orlando (Formerly Florida Hospital), Orlando, Florida

Registered & Licensed Clinical Dietitian | 2010-2012

Provided inpatient medical nutrition therapy, within one of the nation's largest hospital systems, while collaborating with physicians, nurses, and interdisciplinary healthcare teams.

- Responsibilities included: Physician nutrition consultations, nutrition assessments, patient and family education, dietetic internship preceptor, staff education and orientation, interdisciplinary care planning, clinical documentation.
- Specialty areas included: High-Risk Obstetrics, Labor & Delivery, Postpartum Care, Pediatrics, Newborn Nursery, Walt Disney Pavilion for Children.

RUTHERFORD REGIONAL HEALTH SYSTEM (Formerly Rutherford Hospital), Rutherfordton, North Carolina

Registered & Licensed Clinical Dietitian, Sodexo Contract Employee | 2009-2010

Delivered inpatient & outpatient nutrition services while collaborating with doctors & interdisciplinary teams to improve patient outcomes.

Professional Highlights & Accomplishments:

- Developed individualized nutrition care plans for diverse patient populations.
- Led ICU policy change for parenteral nutrition administration.
- Managed implementation of updated Nutrition Care Process.
- Improved Food & Nutrition Departmental operational procedures.

THE OHIO STATE UNIVERSITY Dietetic Internship | 2008-2009

Completed Graduate-Level Clinical Rotations in:

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| ▪ Medical Nutrition Therapy | ▪ Bariatric Surgery | ▪ Weight Management (Adults & Pediatrics) |
| ▪ Clinical Research | ▪ Community Nutrition | ▪ Food Service Management |
| ▪ Long-Term Care | ▪ Cardiac Nutrition | ▪ Surgical Intensive Care |

Special Experience included:

- Scrubbed into observe Roux-En-Y Gastric Bypass and Lap-Band Surgery

Clinical Placement included:

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| ▪ The Ohio State University Wexner Medical Center | ▪ Ross Heart Hospital | ▪ Riverside Methodist Hospital |
| ▪ Cincinnati Children's Hospital | ▪ Nationwide Children's Hospital | ▪ Cramblett Medical Clinic |
| ▪ Physicians Free Clinic | ▪ Action for Healthy Kids | ▪ Worthington Christian Village |

EDUCATION

The Ohio State University, Class of 2009

Graduate Level Certificate Program, Human Nutrition Dietetic Internship

University of Cincinnati, Class of 2008

Bachelor of Science in Dietetics

Academic Emphasis: Food & Nutrition, Public Health, Exercise Science, & Nursing

PROFESSIONAL CERTIFICATIONS, TRAINING, AND DEVELOPMENT

- Certified Integral Sound Healing Practitioner, Multi Instruments, Level 1, with the Sound Healing Academy | 2025
- ACE Certified Personal Trainer (CPT) with the American Council on Exercise | 2025
- Trained in Inner Engineering with Isha Yoga | 2024
- Trained in Trauma Sensitive Yoga with Yoga Alliance | 2024
- Certified in Adult/Child/Infant First Aid, CPR, & AED | 2023-2027
- Experienced Registered Yoga Teacher 500 (E-RYT 500) with Yoga Alliance | 2021
- Yoga Alliance Continuing Education Provider | 2021
- Trained in Qigong & Tai Chi with David-Dorian Ross, International Master Instructor | 2020
- Certified ServSafe for Hospitality Management, Ohio Food Handler | 2019-2022
- Trained in Yoga, Meditation, & Neuroscience with Yoga Alliance | 2018
- Board Certified Holistic Health Practitioner with AADP | 2013
- Certified Health Coach (CHC) with the Institute for Integrative Nutrition | Class of 2013
- Registered Yoga Teacher (RYT-200) with Yoga Alliance | Class of 2012
- Trained in Childhood & Adolescent Weight Management with American Dietetic Association | 2011
- Licensed Dietitian | 2009-2021 | Voluntarily Retired Credential
- Registered Dietitian with the Commission on Dietetic Registration | 2009-2020 | Voluntarily Retired Credential