



**Jessica Lynn Graham**

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**www.jessgram.com**

**Eugene, OR**

## Education & Professional Experience

*M.S. Kinesiology, Adapted Movement Science, Unv. of Arkansas*

*B.S. Sport & Exercise Science, Unv. of Northern Colorado*

*B.S. Biology, Northland College*

**Assistant Director of Fitness,  
Unv. of Oregon**

Oversee 60+ staff and programs: groupX,  
personal training, small group training, Webfoot  
CrossFit, & special events

Manage \$250,000 budget, 8 small group training  
formats, 200 personal training sessions & 55  
groupx workouts per week

Develop 10+ continuing education workshops  
per term based on ACE & IDEA resources

Coordinated Northwest Fit Fest,  
a region-wide student fitness  
conference with 6 universities  
represented

Establish syllabus & curriculum  
to teach 1-3 credit courses

Supervise 12 faculty fitness  
instructors who lead 50 courses  
for college credit

Serve as a personal  
trainer, group fitness  
instructor & CrossFit L-1  
Trainer

## Fitness Leadership & Certifications

*Presenter*

*NIRSA State (2015 & 2016), NIRSA Regional (2014),*

*NIRSA National (2011 & 2018)*

*FitPro PDX (2017)*

*Leadershape Facilitator (2016)*

ACE Personal Training

AFAA/NASM Group Fitness Instructor

CrossFit L1 Trainer

USA Weightlifting Sports Performance Coach L1

Urbankick Ambassador & Instructor

Cycling: Schwinn & ICG Matrix Coach by Color

Precision Nutrition L1 Coach: in progress

**Anne Levitt Award**

Unv. of Oregon's most  
distinguished award for  
student development (2015)

TRX Force

YogaFit L1

CardioPump Kettlebell

Turbokick

RIPPED

POUND

ViPR

Total Gym

**Fitness Conferences**

IDEA World Fitness: 2014, 2015, 2016, 2017

SCW CA Mania Fitness 2014

ACSM Fitness Summit 2013

## About Me

*"Life journey is not to arrive at the grave safely, in a well preserved  
body, but rather to skip in sideways, totally worn out, shouting ##!,  
what a ride" -unknown*

I thrive on developing people & providing opportunities for  
challenge & growth

I believe fitness can be anything & everyone should have a  
chance to find movement that excites their soul

I grew up playing all sports &  
played 4 years of college  
basketball; my love for sports  
has fueled my fitness career

I love the PNW, it's beauty & endless adventures

Being outside & sleeping under the stars is my therapy

Cheeto puffs are my favorite junk food

I'm grateful for my large circle of loving family & friends

I'm a big picture thinker, programmer & life liver

*When there's nothing left to  
burn, you have to set  
yourself on fire - unknown*

