

RUDY HAYEK

11 West Sierra Madre Boulevard, Arcadia, California, 91006 (626)353-1267

Education

Master of Arts, 2008

Azusa Pacific University, Azusa, CA
Clinical Psychology: Marriage and Family
Therapy (MFT)
Intern #: 58288

Bachelor of Arts, January 1982

California State University, Northridge, CA
Physical Education: Sports Medicine &
Kinesiology

Associate of Arts, June 1979

West Los Angeles College, Culver City, CA
Business Administration

Continuing Education

Sports Medicine, Physical Therapy,
Sports Performance, Lifestyle
Coaching, miscellaneous professional
seminars and workshops: *psychology,*
marketing, leadership training, public
speaking, conflict resolution

Community Service

Volunteering & Community Service
through membership in *Rotary*
International since 1999: Sierra Madre
Rotary Club President 2003-20004,
board member, director; Various Rotary
District 5300 level leadership and chair
positions

CV Supplement

- Currently at *The Place Within* in Monrovia as MFT Intern, performing therapy services for: individuals, married and unmarried couples, pre-marital counseling, pre-teens, teens, families; specializing in life cycle transitions, conflict resolution, and relationship improvement
- January – June, 2009 - MFT Intern at *Monrovia Counseling Center*
- 2007-08 - **Marriage and Family Therapist trainee** at the *Community Counseling Center* through APU (Azusa Pacific University); The CCC is a sliding scale counseling center, serving diverse SES client populations. Client base included: married couples, blended and families of divorce, children, adolescents, and individuals

- Over 25 years of experience in **rehabilitation and injury prevention**, exercise prescription and therapeutic bodywork
- **Workshop and seminar leader** for Health and Fitness industry and general public
- Experience with **public relations, marketing, community service & volunteerism**
- **Athletic accomplishments** through martial arts and variety of endurance sports

Professional and Employment History

Owner, RH Fitness Consulting. Personal, group and corporate fitness training and health & fitness consulting services since 1982

2003-2004 Consultant for Arcadia Methodist Hospital Designed floor plan, coordinated and facilitated purchasing of equipment and accessories, and trained staff for the first hospital-based fitness center in the San Gabriel Valley, *Active Health Fitness Center*

2001-2002 Health and Fitness for Women Presenter and instructor for the *Monrovia Adult Education Center* in Monrovia, Ca

1994-2001 Owner, Sierra Health and Fitness Inc A private training fitness facility and Pilates studio in Sierra Madre, Ca; October 1994 to August, 2001

1996-2002 Owner, Sierra Juice Company Inc Healthy smoothies, sandwiches and snacks (two retail locations in Sierra Madre and Arcadia)

1991-1996 Owner, Paragon Fitness A personal training fitness and post-rehab exercise studio in the Tarzana Medical Center, Tarzana, Ca

1985-1988 Lead Personal Trainer and Fitness Manager *Jackson Sousa Cross Training and Rehabilitation Center* in Malibu, Ca

1987-1990 Owner, VideoFit™ Personal Exercise Video and Consulting, a nationwide customized fitness and exercise video production service

1982-1984 Personal Trainer and Consultant: Westwood Health Center, Westwood, Ca; Individual exercise prescription programs for Hellerwork and Rolfing patients and clients

1980-1984 Air France Airlines Passenger Service Agent and Crew Chief at Los Angeles International Airport

ATHLETIC ACCOMPLISHMENTS

- Black Belt and Lead Instructor: **Martial Arts and Yoga Academy** Los Angeles, Ca; from 1975 to 1980, Japanese Shotokai style
- **Runner** of hundreds of races from 5k's to Marathons since 1979. Completed 10 full marathons including 5 LA Marathon races
- **Triathlete:** Completed twenty five races of varying distances, including the *Hawaii Ironman Triathlon World Championship* in October, 1987
- **Group Instructor** and creator of *PowerStretch™*, a group exercise class integrating a series of functional movements and exercise

techniques involving balance, flexibility, trunk stabilization and abdominal strengthening

Community Service

- **Rotary Club of Sierra Madre:** Club President during the 2003-04 fiscal year; member since 8/99: chair of various committees, held various club board & officer positions, as well as leadership and committee positions at the District 5300 level
- Volunteering, fundraising, committee participation for various causes, organizations and related events in the San Gabriel Valley
- Currently, advisor to the Interact Club of Sierra Madre; a 14-18 year-old community service and volunteer club, affiliated with the Rotary Club of Sierra Madre

Media Relations and Marketing

(Portfolio of published magazine and newspaper articles in **LA TIMES, SELF, NEW WOMAN, HOLLYWOOD REPORTER, I.D.E.A.** and others available upon request)

Personal and Professional Mission Statement

I have great passion for facilitating and inspiring individuals and groups to perform at their personal best. I derive great satisfaction when I experience a breakthrough with either a counseling or fitness client. I especially marvel at their success when their process and desire for change began with self-doubt and a history of repeated disappointments and frustrating setbacks.

Studying and observing human nature and behavior have provided me with a lifetime of personal and professional opportunities to make a difference in people's lives. My curiosity about what drives us as human beings as well as what informs our choices in life, have fueled my passion and desire for being an "agent of change" for those who seek it.

A few of my favorite quotes:

John Wooden

- "Sports do not build character. They reveal it"
- "Winning takes talent, to repeat takes character"
- "Talent is God-given, be humble; Fame is man-given, be grateful; Conceit is self-given, be careful"

Albert Einstein: "In the middle of every difficulty lies opportunity"

Judy Tenuta: "My mother always told me I wouldn't amount to anything because I always procrastinate. I said to her, 'just wait!'"

Helen Keller: "Life is either a daring adventure...or nothing"