



DOUGLAS K. JONES
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DOUGLAS ^A_K KOUKALAKA, BS, MA, CSCS

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AMBITION

Licensed Real Estate Professional (**Global Luxury Specialist Top 2% Worldwide**) with 30 years of creative entrepreneurial experience seeks to serve businesses and residents of Kauai with custom comprehensive promotional strategies. ☺

SYNOPSIS

- Motivated, personable, and knowledgeable exercise physiologist and marketer who has demonstrated great success in training thousands in person (millions online) and possesses a genuine passion for helping others
- Creator of several successful six- and seven-figure projects, products, and businesses in multiple industries
- Genuine connector with all demographics, with a sincere propensity for making people feel comfortable initiating or escalating a program or production, regardless of their existing abilities, limitations, or goals
- Creative entrepreneur with a unique proclivity for capturing the emotional essence of a project or property
- Resident of Kauai, Hawaii (first moved here in 2009) and also a long-time resident of Lower Fairfield County, Connecticut, owning multiple businesses in real estate and wellness on CT's Gold Coast for over 20 years

SKILL SUMMARY

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|---------------------------------|---------------------------------|-----------------------------------|
| ▪ Marketing and Promotion | ▪ Video Production and Editing | ▪ New Business Development |
| ▪ Website Design and Creation | ▪ Professional Fitness Training | ▪ Nutritive Fitness Consultation |
| ▪ Creative Writing/Copywriting | ▪ Inspiration and Recruitment | ▪ Total Physique Transformation |
| ▪ Customer Service with a Smile | ▪ Seminars and Presentations | ▪ Exercise Testing & Prescription |

ACADEMIC ACUMEN

MASTER'S DEGREE IN EXERCISE PHYSIOLOGY/KINESIOLOGY

Granted a Full Academic Fellowship Scholarship, University of Maryland, College Park

Instructor of Exercise Physiology and Supervisor of Exercise, Metabolic, and Body Density Laboratories

BACHELOR'S DEGREE IN PHYSICAL EDUCATION/PRE-MED

GPA 3.99, Summa Cum Laude, State University of New York College at Cortland

Phi Kappa Phi Honor Society, Phi Eta Sigma Honor Society, Phi Kappa Phi Graduate Scholarship,

Alpha Delta Junior Scholarship, Donovan C. Moffett Senior Scholarship, Francis Moench Department Award,

Alumni Academic Achievement Award, College Honors Program, and National Merck Award for Organic Chemistry

MEMBER OF AMERICAN MENSA

High IQ society open to people scoring in the 98th percentile or above on standardized, supervised intelligence test

CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

National Strength and Conditioning Association

NEUROMUSCULAR BIOENERGETICS

EXERCISE PHYSIOLOGIST, THE BEST WAY TO EXERCISE, LLC

- Created and implemented personalized fitness programs for a diverse client base in person, by phone, and online
- Developed scientific solutions to strength, stamina, stretching, and sustenance based on the system of Eccentrics
- Regularly ranked Top-100 Worldwide Google Partner & most-viewed Fitness Guru with 300 MILLION video views

PROFESSIONAL PERSONAL TRAINER, STAND FIRM FITNESS, LLC

- Founded a one-on-one training business which realized rapid expansion, from an exclusively in-home clientele to the ultimate 20,000 sq ft personalized fitness center in only three years with as many as 400 sessions per week
- Designed and implemented a nationally-acclaimed 12-Week Physique Transformation Program which generated over \$5M in personal training revenue with approximately 1000 satisfied members (with results guaranteed)
- Parlayed business achievements into the formation of other proprietary products and projects, including: Smile Wipes (promotional healthy hand wipes receiving applause from QVC, Wal-Mart, Costco, and McDonalds), Wilton Wellness Center (30,000 sq ft commercial building), "Healthy IntroDougations" (4-hour fitness DVD series)

DIRECTOR OF FITNESS, WILTON FAMILY YMCA

- Managed all fitness center responsibilities, including personal training, exercise testing, and fitness prescription, upon completion of a \$3.5M double-footprint expansion of the YMCA facilities in Fairfield County, Connecticut

FITNESS DIRECTOR, HIL-FIT CORPORATION, WASHINGTON, D.C.

- Formed the foundational procedures and professional protocols for newly renovated fitness center and wellness spa to accommodate distinguished guests and local dignitaries at the Washington Hilton on Connecticut Avenue

NASA HEADQUARTERS, FITNESS CENTER SUPERVISOR

- Facilitated training of NASA employees/scientists in corporate setting adjacent to National Air & Space Museum

GRADUATE INSTRUCTOR/SUPERVISOR, UNIVERSITY OF MARYLAND

- Oversaw all operations of University of Maryland's Exercise Physiology and Body Density Laboratories, including instruction of clinical testing techniques for advanced undergraduate, graduate, medical students, and physicians

ACCOMPANYING ATTRIBUTES

- Originator of an assortment of health and fitness products and modalities of training, including the System of Eccentrics in Strength, Stamina, Stretching, and Sustenance, as well as the Super 7-Week Shape-Up System
- Author of several books, a variety of manuals, programs, and seminars, and over 100 newspaper columns
- Successful personal physique transformee after battling Lyme disease and head-on rollover car accident
- Former recreational-competitive athlete in racquetball, tennis, triathlon, and golf (low of 2.7 handicap)
- Private personal trainer to many celebrities and business leaders, and to their spouses and children
- Devoted proponent of fitting fitness into an already over-obligated life by practicing what I preach
- Additional abilities may be found at: www.Super7System.com and www.AdvertisingAloha.com
- Last, but certainly not least... proud father of 4 children: two sons ☺☺ and twin daughters ☺☺