



Contact

📞 863.899.5367

✉ ncfithomes@gmail.com

🏠 Lakeland, Florida

Education

Bachelor of Science

Troy University | Troy, AL

2005 - 2007

Associate of Arts

Daytona State College

2003 - 2005

Real Estate Expertise

- Residential and Commercial Sales
- Property Listings and Marketing
- Buyer and Seller Representation
- Real Estate Market Analysis
- Local Area Knowledge (neighborhoods, schools, zoning, etc.)
- Real Estate Contracts and Legal Compliance
- Transaction Coordination (offers, counteroffers, escrow, closing, etc.)
- MLS Operations
- Home Staging and Presentation Advice
- Open Houses and Property Showings

Certifications

- C.H.E.K. Level I Holistic Lifestyle Coach
- CrossFit L2 Coach
- TRX certified Trainer

NOLAN CHESTNUT

Real Estate Agent

Personal Fitness Health Coach

Versatile and results-oriented professional with over 14 years of experience in personal training and a growing career in real estate. Known for building strong client relationships, delivering exceptional service, and driving results—whether guiding individuals toward their fitness goals or helping clients navigate complex real estate transactions.

In the fitness industry, recognized for creating personalized training programs, conducting fitness assessments, and leading both individual and group sessions with a focus on safety, motivation, and sustainable results. In real estate, skilled in market analysis, property marketing, negotiation, and providing client-focused support throughout the buying and selling process.

Bringing a unique blend of people skills, sales acumen, and strategic thinking to every client interaction, I am committed to continuous learning, clear communication, and exceeding expectations in both fitness and real estate.

Work Experience

2011–2020

Just Move Athletic Club

Lead Personal Trainer / CrossFit Coach

- Conducted comprehensive fitness assessments, including pre-screening health evaluations and movement analyses, to establish individualized baselines and inform personalized program design.
- Acted as the club's primary resource for fitness-related expertise, offering guidance to both clients and team members.
- Designed and led small group training sessions, including team-based workouts and CrossFit-style classes, to enhance client engagement and performance.
- Provided clients with strategies for maintaining consistent exercise routines while traveling for business, at home, or on vacation.
- Delivered education on nutrition, lifestyle habits, and sustainable weight management to support overall client wellness.
- Fostered a welcoming and motivating group environment by actively engaging with participants during fitness classes.
- Supported clients in reaching personal fitness milestones through customized training plans and continuous program adjustments.
- Coordinated internal communications and materials for monthly personal training and club-wide team meetings.
- Maintained a strong record of punctuality and dependability, consistently arriving prepared and on time for all sessions and shifts.

2022–
Present

YF Active and Wellness

Personal Fitness Coach

- Led high-energy group fitness classes of up to 24 participants, ensuring a motivating, inclusive, and results-driven environment.
- Provided individualized coaching within group settings, prioritizing proper form and accommodating clients' physical limitations to ensure safe and effective workouts.
- Set up all training areas prior to each session and ensured thorough post-class breakdown, including returning equipment to designated storage.
- Maintained a clean, organized, and professional training environment by re-racking weights and upholding club cleanliness standards.

2021–2022

Keller Williams Realty Smart

Realtor

2022–
Present

Dalton Wade Realty

Realtor