

JASON WYNS

EXECUTIVE LEADER | HEALTH & WELLNESS STRATEGY | HUMAN PERFORMANCE

Southwest Florida | 239-677-1861 | jmwyns@gmail.com | linkedin.com/jason-wyns

15+ Years Leadership • 10,000+ Individual Client interactions • Founder of two Health& Wellness Businesses • Clinical Collaboration • Performance Science & Recovery Technology

PROFESSIONAL SUMMARY

Strategic leader with 15+ years of experience driving innovation across human performance, rehabilitation, wellness, and health technology. Proven ability to translate scientific evidence into scalable programs, lead multidisciplinary teams, build successful businesses, and deliver exceptional client outcomes.

Combines expertise in performance science, nutrition, recovery, behavioral change, and operational leadership with an entrepreneurial mindset. Passionate about building high-performing teams, developing evidence-based educational initiatives, and advancing products and services that improve human health.

AREAS OF LEADERSHIP

- Organizational Leadership
- Strategic Planning
- Scientific/Clinical Education
- Human Performance
- Digital Health
- Business Development
- Cross-Functional Collaboration
- Program Development
- Operational Excellence
- Change Management
- Team Leadership
- Evidence Translation
- Customer Experience
- Health Technology
- Partnership Development

PROFESSIONAL EXPERIENCE

Performance Coach | Strength & Conditioning Coach

Apex Physical Therapy 2019-present

- Led performance programming supporting rehabilitation and long-term athletic development across diverse patient populations.
- Partnered with physical therapists to create integrated care pathways improving continuity between rehabilitation and performance.
- Championed implementation of objective performance assessments including force plate testing to guide decision-making.
- Standardized evidence-based coaching methodologies and recovery protocols.
- Educated clients and interdisciplinary teams on performance optimization, nutrition, and recovery science.

Founder & Owner

Live Resilient (Wellness Spa) 2022-2025

- Built and operated multidisciplinary wellness facility
- Led operations, staffing, budgeting, and marketing
- Implemented evidence-based recovery services
- Delivered exceptional client experience while scaling the business

Founder/Owner/Strength Coach

Fitness 24/7 (Private Training Facility) 2012-2019

- Designed individualized strength and conditioning programs
 - Delivered nutrition coaching and online programming
 - Managed coaches and facility operations
 - Developed long-term athlete development programs
 - Built and retained a loyal client base
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