

# Nic DeCaire

● 280 E. Main St. Suite 118 ● Newark, DE 19711 ● Phone: (302) 388-2219 ●  
[Nic@fusionfitnesscenter.com](mailto:Nic@fusionfitnesscenter.com)

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## Health and fitness expert

- ❖ Enthusiastic, philanthropic and results-oriented small business owner dedicated to improving the health of Delaware residents.
- ❖ Problem solver adept at building connections and bringing people together for the benefit of the community.
- ❖ Versatile communicator with experience in print, video and online media.

### *Areas of expertise include:*

- Fitness and weight-loss coaching
  - Community health promotion
  - Fundraising
  - Social media and audience engagement
  - Small business development
  - Motivational speaking
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## PROFESSIONAL HIGHLIGHTS

### FUSION FITNESS CENTER

Newark fitness center offering personal and group fitness training as well as individualized nutrition counseling to more than 600 members. ([www.fusionfitnesscenter.com](http://www.fusionfitnesscenter.com), [www.facebook.com/fusionde](http://www.facebook.com/fusionde), <https://www.youtube.com/user/fusionfitnessDE>, <https://twitter.com/fusionfitnessde>)

- Manages daily and long-term operations for Fusion Fitness, founded in 2006 to fulfill a childhood dream of opening a safe, inviting place to help people change their lives.
- Oversees a staff of 12 employees who provide fitness instruction, personal training and weight-loss support to clients.
- Writes a monthly fitness column appearing in the Newark Post ([www.newarkpostonline.com](http://www.newarkpostonline.com)) and also The News Journal's Delaware Health section ([www.delawareonline.com](http://www.delawareonline.com)).
- Contributor to Club Industry, a magazine for fitness business professionals ([www.clubindustry.com](http://www.clubindustry.com)).

### *Selected accomplishments:*

- Trained more than 1,000 clients in the last 16 years.
- Raised more than \$100,000 in the past eight years for local non-profit organizations through fundraising and fitness-oriented charity challenges organized at Fusion.
- Started the Healthy Newark initiative in March 2014 with Mayor Polly Sierer.
- Selected as the launch site for the Delaware Health and Social Services social media campaign, "31 Days to a Healthier You."
- Recipient of the Newark Morning Rotary "Spirit in Business Award," presented to a local company that serves the community beyond what its business sells.

## **MAIN STREET MILE**

*Annual one-mile race down Newark's Main Street to raise money for the Newark Police Department K-9 unit and the Downtown Newark Partnership. ([www.mainstmile.com](http://www.mainstmile.com))*

- Founder and chairman of the event, which began in 2008 and has raised more than \$80,000 for the feeding, training and care of the Newark Police canine officers.
- In addition to the race, the event also includes a yearly "Battle of the Bars" fundraiser featuring local restaurants.

### ***Selected accomplishments:***

- Raised \$15,000 during the 2014 Main Street Mile race, which drew more than 300 runners.
- Funding has provided for the purchase of two dogs, Kody and Sjors, since the inception of the race.
- Twice honored by Newark Police in acknowledgement of support given to the department.

## **KIDS WITH CONFIDENCE**

*Non-profit organization that makes available donated funds to help correct physical differences that affect children's self-esteem and confidence.*

- Serves on board of directors for the organization, which works with specialists at Nemours/Alfred I. duPont Hospital for Children to help local children.
- Part of the team decides which children are selected for cosmetic procedures that otherwise wouldn't be covered by health insurance.
- The all-volunteer organization has helped more than 60 children in the last 10 years.

## **FUSION RACE TIMING**

*Founded in 2014 to help non-profit organizations have a successful and profitable charity race. ([www.fusionracetiming.com](http://www.fusionracetiming.com))*

- Handle logistics for non-profits holding a charity race.
- Provide support at every step of the event, including selecting a race location, course mapping, marketing, accepting registrations and reporting results.
- Create unique twists to races to help these events stand out in a crowded field.

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## **CERTIFICATIONS**

- American Council on Exercise certified personal trainer
- dotFIT nutrition coach
- TRX
- Olympic weightlifting coach

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## EDUCATION

**WILMINGTON UNIVERSITY**

**Bachelor of Arts, 2005, liberal studies**