

# Rossella Pruneti

## Curriculum Vitae

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### Personal Data

Citizenships: Italian

Place of Birth: Firenze, Italia

Date of Birth: June 30th 1969

Address: Corso Inglesi 524 Sanremo 18038 IM Italy Primary E-

Mail Address: rossellapruneti@fitnessmedia.it

Web site: <http://www.rossellapruneti.com> in

English and [ww.rossellapruneti.it](http://www.rossellapruneti.it) in Italian

Mobile/WhatsApp: + 39 338 8875668

Skype: rossellapruneti

### Services

- **Mental and Sport Coach**
- **Author and speaker**
- **Professional Translator**
- **Magazine and Web – Editor**

### Translation Pairs

English into Italian. Certified by AITI and ESOL Cambridge.

Some French, German, Spanish into Italian and Italian into English. *It depends upon your project.*

### Interpreting Pairs

English-into-Italian Interpreting.

Proficiency in English tested by [Cambridge University \(ESOL Examinations\)](#): FCE & CPE.

### Subjects of Specialization

Medicine, Chemistry, Sports (AITI [Associazione Italiana Traduttori e Interpreti](#) Certification).

Functional Food/Health Food/Sports Supplements, Internet/Multimedia, Biology, Biochemistry, Chemistry, Nutrition, Medical, Sports, Philosophy, Psychology/Psychiatry, History, Health and Beauty, Food and Supplement Labeling.

## Professional Experiences

*2014 – to date Founder and CEO of Fitness Media srl, publishing house and fitness personal training centers, fitness restaurant and café*

*1996-2014 Professional Free-lance English/Italian Translator, Editor, and Consultant*

*9 years of experience as a full-time professional translator specializing in medical and sports translations from American English into Italian.*

*12 health-care, nutrition, sports supplement books and e-books translated from English into Italian.*

*7 years of experience as an editor for three main Italian fitness magazines.*

### Employment History:

2003 – 2015 **Press Office and** Assistant General Secretary of IFBB – Italian Federation of Bodybuilders and Member of the World Press Commission too.

2003 – 2004 **Press Office of** Fitness Expo Roma and IFBB Ludus Maximus Grand Prix.

2003-2004 **English-into-Italian Interpreting** at Technical Fitness, Conditioning, and Training Workshops and Expos.

2003 – to date **freelance translator** at *MuscleMag International*, Alberto Negri Editore, Parma.

January 2002 - April 2004: **freelance translator, conceiver, author and editor** at the quarterly **fitness and bodybuilding** quarterly magazine *BIG*, Elepress, Saronno.

May 2001 - October 2002: **freelance translator, conceiver, author and editor** at the quarterly **fitness and life-style** publication *Better Body's*, Elepress, Saronno.

May 2001 - May 2003 **conceiver, author and editor** of an house organ called *Body's*, published by Panatta Sport, Apiro (Macerata).

January 1998 - May 2001: **freelance translator and editor** at the quarterly publication "Body's Magazine" published by Panatta Sport, Apiro (Macerata).

1996 - 2004 **freelance translator** at *Sandro Ciccarelli Editore*

1993 – to date **freelance contributor and writer** at *Cultura Fisica & Fitness*

1993-1995 Bodybuilding And Step Aerobics **Instructor** at *Bull Building Gym*, Montespertoli (FI).

## University Education

1995 - Philosophy Degree obtained by Università degli Studi di Firenze, Facoltà di Lettere e Filosofia, on July, the 5<sup>th</sup>, 1995, with full marks (110 out of 110 *cum laude*).

### Fields of specializations:

Mathematical Logic. Graduation thesis entitled: "Intensional Objects in Quantum Mechanics". Supervisor: Prof.ssa Maria Luisa Dalla Chiara, Università degli Studi di Firenze.

### Selected courses:

Logic, Algebra, Geometry, Philosophy of Sciences, Speculative Philosophy, Moral Philosophy, Philosophy of History, History of Ancient Greek Philosophy, History of Medieval Philosophy, History of Philosophy, Didactics of Philosophy, Pedagogy, Modern History, Contemporary History.

## Secondary School

"Liceo" specializing in scientific studies. Degree obtained in 1988, marks: 58 out of 60.

## Languages

**Professional translator** from English and American English into Italian, Member of and Certified by AITI – Associazione Italia na Traduttori e Interpreti, Italian Association Translators and Interpreters, Fédération Internationale des Traducteurs F.I.T. – UNESCO.

**Some interpreting** from English into Italian.

Fields of technical proficiency: Medicine, Chemistry, Sports.  
English, reading, speaking and writing, FCE (First Cambridge Examination), CPE (Cambridge Proficiency Examination) tested by [Cambridge University \(ESOL Examinations\)](#).  
Spanish, French, and German: good at reading and writing, basic speaking.

## Other Studies

2019 **TESOL** certification, Arizona University

2004/2005 **ISSA** - International Sports Sciences Association **Personal Trainer**.

2002 *Programma di alta specializzazione tecnica del pianeta fitness, (High-Level Specializing Technical Course in Fitness)* Fit World Academy - Coni-CSEN.

2001-to date: extensive traveling in the USA.

1997 *Cambridge First Certificate in English* at The British Institute of Florence. Distinction: "a high level of performance in Reading and Use of English".

1996 *Aerobic Trainer Certification*, Federazione Italiana Fitness.

1996 *Specializing Course in "Didactics of History"*, FORCOM, Consorzio Interuniversitario, Roma.

1994 *"Bodybuilding Camp '94"*, F.I.F., Bologna

1994 *Bodybuilding Trainer Certification*, Federazione Italiana Fitness.

1987 one month stay in Bournemouth (GB), English summer course at Anglo-Continental School.

1983 *Certificate of English*, Scuola EF, Firenze.

## Published Author

### **Author**

A dieta bene con le ricette per le miscele proteiche 2017

Cucina fitness.: Ricette gustose e salutari per organizzare facilmente la tua dieta e trasformare il tuo corpo (The Fitness Cooking Laboratories Vol. 5) 2016

Come sopravvivere (ai tuoi primi 30 giorni) in palestra 2019

20 ricette facili per 1 misurino di proteine in polvere 2016

Ricette dolci di Natale light & senza zucchero (Fitness Cooking Laboratories Vol. 2) 2014

Miscele proteiche tra cucina, sport, salute e sostenibilità (The Fitness Cooking Laboratories Series) 2015

Go Figure. I Love Body Fitness. Bikini Wellness Fit Model 2017

Mamme in Forma. Come rimanere in forma prima, durante e tra una gravidanza e l'altra. (Ebook Italiano - Anteprima Gratis): Come rimanere in forma prima, durante e tra una gravidanza e l'altra 2009

Il tuo fitness journal. Perché il fitness è un lusso che tutti devono permettersi 2018

Carne & pensiero. Un esercizio mentale con manubri di Rossella Pruneti 2016

2003 "Le dinamiche della sfida nel bodybuilding: oltre la sfida del corpo" (***The Driving Forces of Challenge in Bodybuilding - Beyond the Challenge to Our Body***) in ***La Sfida***, Editore Progetto Prada Arte, 2003. **Atti del Convegno** La Sfida, Fondazione Prada, Milano ottobre 2002.

### Coauthoring

Me la cambi? Come si fa una scheda d'allenamento di bodybuilding di Dennis Giusto e Rossella Pruneti 2017

Chihuahua my love di Rossella Pruneti e Bozena Kasztelan 2008

2002 **Taricone 100%** (co-author: Pietro Taricone), Elepress Publishing House.

### TV and Shows

2005 Interview on Play-TV – Sky about how to find fitness-related info on the Web.

2003 Co-**MC** at the IFBB Pro Grand Prix Maximus, Roma.

2003 **Script-writer** for the TV show *Mr. Olympia*, Italia 1 Italian TV Channel.

2002 Interview on Radio **Rai Uno** about Fitness.

1996 Interview on **Radio Italia** about Sports Psychology.

### Certifications and professional affiliations

2005 CPR (Cardiopulmonary Resuscitation).

2002-2003: ATA (American Translator Association) Member.

2000 - to date: AITI Certified Member.

2000 - to date: IFBB (Italia) Judge.

1997 - to date: ESOL Certified - FCE & CPE.

### Honors and Activities

2003 John C. Grimek Award for the diffusion and the growth of the sport of bodybuilding.

2000 – to date: IFBB Italy National Judge.

1992 – to date: IFBB Amateur Bodybuilding Athlete.

1993, 1994 IFBB Regional Championess, 1<sup>st</sup>;

1995, 1998 IFBB Central Italy Championess, 1<sup>st</sup>;

2000 IFBB Italian Championships, 3<sup>rd</sup>

2011-2013 IFBB Silver Medals for contributing in Bodybuilding

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