



Costas P. Andreou

21 Ayias Kassianis Str, 2415 Cyprus Tel. +357 99635653, Fax. +357 22591403
E-mail: cardiohe@spidernet.com.cy

Objective: Through the academic knowledge as well as the experience gained within the various positions undertaken during my professional career, I aspire to offer services in the medical, leisure, and fitness fields. Use my knowledge of the physiology of exercise and other health holistic approaches in professional settings, in order to achieve high quality services and produce benchmark results. Also, to evaluate physical fitness, guide, educate, and supervise participants interested in improving their physical and mental state. In addition, through management skills and experience acquired in the health, fitness, and technical fields, I am competent and confident in undertaking projects in the health industry.

Education: **University of Pittsburgh** April 1995
Pennsylvania U.S.A.

Master of Science in Clinical Exercise Physiology. Concentration in Cardiac and Physical Rehabilitation.

Youngstown State University June 1993
Ohio U.S.A.

Bachelor of Arts in Physical Education.

Honors: Honors (Cum Laude) G.P.A. 3.42
Dean's List 1990-1993
Cum Laude

Experience: **CyVital Entereprises Ltd** March 2008-Date
Co-Founder and Shareholder

In order to cover the needs for capnography products in the Middle East, CyVital was established to produce the own label EtCO₂ products and to form a distribution network in the region for the promotion and sales in the medical community. To date, CyVital has distributors for the own label products in U.A.E., Saudi Arabia, Iran, Qatar, Kuwait, Syria, Lebanon, Malaysia, Oman. In addition, the company is representing leading medical manufacturers like COOK Medical, EV3, J&J Codman, J&J Synthes, InspireMD, and others for the market of Cyprus with strong presence in the public hospitals.

Unit Manager-Dental Products Oct. 2007-June 2010 - In the process of reorganization the CPO company, I was called to fulfill the position and restructure the Dental Unit in an effort to expand its activities. In charge of daily management duties, organize and supervise sales people and administrative personnel, forecasting, sales plan structure, liaise with key officials in the field, and report to the CEO and the Department Manager.

Unit Manager-Cardiovascular Products July 2005-Nov.2007 – The position entails informing, promoting, and educating clients of the Medical Disposable Technologies department of the CPO company and contributing in achieving the sales targets for products used by cardio thoracic and angioplasty laboratories in the public and private sector. Also, in charge of assisting the management in financial forecast and promotional action plan preparation. In addition, provide scientific support and instruction to the medical personnel for the unique Spectranetics Laser Ablation System during coronary and peripheral interventions in the catheterization labs.

Union Mouzas Drilling Company S.A.

Burkina Faso, West Africa

Oct. 2002-Dec. 2004

General Manager – Evaluating and supervising the overall management, accounting, and operations departments in this water drilling company based in Burkina Faso offering services in government and private contracts. Along with the daily duties, a personal target was to initiate a restructuring of the company by introducing new management techniques, upgrading the accounting department, and improving the plant and machinery assets and operations through plant and project management, and cash flow and budget preparation. Also, was in charge of completing existing contracts and plan for new tenders. As General Manager of the company, was in charge of 25 employees from Cyprus, India, Lebanon, as well as locals. The management contract ended with the completion of all duties assigned.

Graybridge Enterprises Ltd21 Ayias Kassianis Str, Shop C
2415 Nicosia, Cyprus

Jan. 2000-Dec. 2002

Director – Managing and performing bookkeeping in this multidisciplinary company with operations in Cyprus. The scope of operations includes real estate investments, farming and agriculture.

Nutrifit Science Products Ltd48 Themistokli Dervi Ave., Off. 207
1066 Cyprus

Jan. 2000-To Date

Co-founder and Director – The Company imports and distributes various professional apparatus essential in exercise physiology laboratories, nutritional clinics, and health and fitness centers and spa. Furthermore, the company offers personal training and rehabilitation services to individuals in need of customized, tailor made and home based solutions in regards to improving their health and fitness levels.

CardioHealth – Health and Fitness Services

Jan. 1, 1996- 2002

1 Iasonos Str., # 302
1082 Nicosia, Cyprus

Manager/ Clin. Exercise Physiologist– In this privately owned operation of four permanent employees and five associates, our aim was to provide rehabilitation and personal training services. Services composed of risk factor modification, exercise testing and prescription, exercise leadership, monitoring vital signs and physiological responses before, during and after exercise sessions. In addition, educate and inform cardiac patients on risk factors for coronary artery disease. A lower risk clientele was guided through group or personal training sessions for athletic performance improvement, weight management, injury prevention and rehabilitation.

In addition, providing the expertise and knowledge regarding health and fitness matters combined with the experience on organization and planning fitness facilities according to international guidelines as well as local authorities requirements. A few of the projects I actively participated were the Zone Health Club (500 m²), Eleon Health Club (1000 m²) and Klimentos Health Club (500 m²) in Nicosia.

Simon Gym

May 1995-Dec. 1995

Athalassas Avenue
Nicosia, Cyprus

Fitness Center Manager – Responsible for the day-to-day managing duties, organization and supervision of the four fitness instructors. In addition, registering new members, assigning them to a personalized exercise program and instructing them to the various cardiovascular and resistive equipment.

Nicosia General Hospital

Oct.2, 1995-1996

Cardiology Department

Speaker - Lecture on cardiac rehabilitation and on the essence of exercise therapy in cardiac patients. Also, provide guidelines on physical activities and cardiovascular risk factor modification. The lectures were weekly and the audience was primarily cardiac inpatients, although in various occasions the lecture was intended for the medical staff.

University of Pittsburgh Medical Center

May1994-May 1995

Cardiopulmonary Rehabilitation
Pittsburgh, PA 15213-3221 U.S.A.

Clin. Exercise Physiologist Assistant - Position involved supervision and guidance of Phase III exercise sessions for cardiac and primary prevention patients. Instruction of proper and safe use of equipment, monitoring patient's vital signs (cardiogram, blood pressure, blood glucose, respiration rate, etc.) and exercise responses were some of the duties. In addition, proper documentation of progress notes, writing correspondence up-dating physicians and assisting patients achieving individual goals. Furthermore, was in charge of assigning responsibilities, duties and written assignments to undergraduate and graduate students for the Exercise Leadership and Clinical Internship courses. On various occasions I assisted with graded exercise testing (stress test), 6-minute pulmonary tests, pulmonary rehabilitation sessions, and Phase I and II sessions. During this internship I was given the opportunity to observe several open-heart surgeries, organ transplant

operations, and PTCA, atherectomy, and biopsy operations.

South Hills Community Center

Sept. 1993 – June 1994

50 Moffett Street.
Pittsburgh, PA 15243 U.S.A.

Fitness Center Manager - Duties included registration of new members, supervision and guidance of members interested in improving their fitness and health level. Advising clients on proper use of Airdyne bicycle, Stairmaster, Nordic track, treadmill as well as free weights and pyramid type of equipment. Additional accountabilities consisted of prescribing a fitness program for achievement of personal and health related goals.

Educational Experience and Internships:

University of Pittsburgh Medical Center

Spring Semester 1994

Cardiopulmonary Rehabilitation
Pittsburgh, PA 15213-3221

Student Intern II: As part of the Exercise Leadership course, duties involved; assisting patients with their phase III rehabilitation program, monitoring blood pressure and heart rate, leading the warm up, exercise, and cool-down and stretching part of the program on a one to one, or group basis.

Youngstown Orthopedic and Sports Therapy

Spring Quarter 1993

Youngstown, Ohio 44406

Physiotherapy Internship - Duties included keeping a daily log, gaining knowledge in the therapeutic essence of exercise, assisting the physical therapist, and supervising patients with their program.

Orthopaedic Associates of Youngstown

Fall Quarter 1991

Youngstown, Ohio 44504

Physiotherapy Volunteer - Duties included getting familiarized with the different modalities used in physical therapy, and gaining experience with the clinic functions.

Other: Cyprus National Guard

June 1987-Dec. 1989

Sub lieutenant – Successfully completed the Military Academy of Reserve Officers in Lamia, Greece. Along with other military duties, was assigned on warehouse responsibilities and leader of the exercise and training sessions.

Activities:

Member of the American College of Sports Medicine
Member of the Pancyprian Association of Science, Physical Education & Sport
Writer in health columns of Simerini, Phileleftheros, Selides

Research:

Investigator in the Cyprus Dietetics Association study for the Cypriots

nutritional and lifestyle habits.

Investigator in the Quality of Life After Cardiac Rehabilitation study. Study initiated by Dr. Geoffrey Moore, Chief of Cardio thoracic and Rehabilitation Departments in University of Pittsburgh Medical Center

Proficiencies: Excellent written and oral knowledge of Greek and English languages.
Excellent computer skills in Microsoft Office and Outlook, Internet Explorer
Good knowledge of Peachtree Accounting Program, e-Soft Accounting Program.
Novice level knowledge of French language

References: Furnished upon request.