



TELEDYNE BROWN ENGINEERING, INC.

A Teledyne Technologies Company

Wellness Department Internship

Supervisor and Contact Information:

Jennifer Geist, Wellness Manager
Teledyne Brown Engineering
300 Sparkman Drive
Huntsville, AL 35805
256-726-1425
Jennifer.Geist@tbe.com

Dates of Internship Experience:

Flexible - Fall, Spring, and Summer

Health Promotion Internship

Teledyne Brown Engineering (TBE) is a professional corporation that guides its employees toward a higher level of physical, emotional and occupational health. TBE's nationally recognized wellness program assists employees in making lifestyle changes to reduce their health risks and increase their individual productivity. Through the Wellness Program, an employee learns how to build skills and resources in order to take an active role in his/her health.

The Health Promotion Internship is designed to give students the opportunity to participate in the complex dynamics of a worksite wellness program. This program is designed to be a mutually beneficial experience which provides a practical transitional learning environment for students considering wellness related careers. It will also extend a service to the Teledyne Brown Engineering Wellness Program by providing a new source of ideas, which, in turn will broaden the program's scope and resources. The Health Promotion Internship serves two (2) main purposes:

1. To enable the student to gain further orientation to the profession of worksite wellness in a non-academic setting.
2. To provide an opportunity for the student to observe and participate in a variety of worksite wellness experiences, including planning, organizing, implementing and evaluating wellness activities.

Description of Duties:

Health Screenings

- blood pressure and pulse
- fasting blood glucose
- health risk assessment
- height/weight/BMI
- body fat analysis
- hip/waist ratio

Wellness Classes

- weight management
- healthy nutrition
- stress management
- fitness and exercise
- cancer prevention
- heart health
- self-care

Fitness Center

- group exercise classes (yoga, toning, aerobics, etc)
- orientations and assessments

Wellness Programming

- wellness program design, development, planning, marketing, implementation and evaluation

General Hours of Work for Internship:

Flexible – Primarily 8:00 am – 5:00 pm.

Compensation:

No hourly wage.

About Teledyne Brown Engineering

Teledyne Brown Engineering, Inc. is a key business segment of Teledyne Technologies, a confederation of commercial and government-supporting companies. Headquartered in Huntsville, Alabama, with 1,400 employees and operations throughout the United States and representation in several other countries, Teledyne Brown is a recognized leader in providing solutions in Space, Defense, Environmental, and Homeland Security programs.