VERIZON WIRELESS CORPORATE HEALTH & WELLNESS
FITNESS CENTER

Contact Information:
Coach Milton Sledge Jr. Coach Britany Wilburn
Health and Wellness Coordinator Health and Wellness Coordinator
475 Quality Circle NW 475 Quality Circle NW
Huntsville, Alabama 35806 Huntsville, Alabama 35806
(256) 213-3151 (256) 213-3135
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Description of Duties:
* evaluate and interpret fitness assessment results to clients
* prescribe exercise programs
* train individuals one on one
* possibly lead group exercise classes
* supervise and monitor members in the fitness center
* develop home exercise programs for individuals
* develop incentive programs for members to increase their usage of the center
* help clean and maintain the equipment
* help schedule and organize seminars and workshops related to health and wellness
* make members feel welcome, keep them motivated, encourage them
* assure proper technique/form, etc.
* understand confidentiality and record keeping procedures

Qualifications:
*Must be an undergraduate or graduate student in a health-related field
*Current CPR/AED Certification

General Information:
* Financial compensation
* Available spring, summer, and fall semesters
* Monday- Friday