

## **PROFESSIONAL EXPERIENCE**

### **Empowerment Coach and Functional Movement Specialist, August 1999-present**

Chicago, IL; Los Angeles, CA; Carrboro, NC

As a healthy lifestyle specialist, I empower others to achieve long-term maintenance of healthy lifestyle behaviors. My areas of fitness expertise include back care, core training, joint health/injury prevention, functional movement, and yoga; my graduate education and wellness workshops primarily focus on the art of wellness coaching for the achievement of health behavior change. I have coached clients from age 22 to 78, with special needs (MS, arthritis, obesity, scoliosis, post-partum), and in all walks of life. Highlights from my career include:

#### ***Workshops, Classes, & Speaking Engagements***

- *Core Integration*, Balanced Movement Studio, Carrboro, NC
- *Heal Your Back with Yoga*, Carrboro Yoga Company, Carrboro, NC
- *Yoga Without Back Pain*, Namaskar YOGA, Chicago
- *Happy Hips & a Healthy Back*, Namaskar YOGA, Chicago
- *The Three Pillars of Core and Back Strength*, Namaskar YOGA, Chicago
- *Managing Conflict and Stress at Work*, Esperanza Community Services, Chicago
- *Coaching Skills for Fitness Professionals*, YMCA of New Bedford, MA
- *Take Control of Your Health!*, Days Inn of Chicago
- *Core Synergy*, Holmes Place and Lakeshore Athletic Club, Chicago

#### ***Multimedia Projects***

*DNA Digital Media Group "Nestle Fitness Virtual Coach":*

- Wrote content and demonstrated exercises for interactive fitness-coaching software distributed in 12 European countries and the United States.

*Lifestyle Management Associates wellness education courses:*

- Wrote, produced, and narrated 90-minute continuing education CD-ROM entitled "Essentials of Coaching for Wellness Professionals."
- Co-wrote, edited, and narrated continuing education courses "Incorporating Nutrition" and "A Call to Action: 2005 Dietary Guidelines for Adults."

#### ***Publications & Media Appearances***

- "Understanding the Non-Adherent Client," *Personal Fitness Professional*, March 2007
- "Self Care for Helping Professionals," *Wellness & Fitness Entrepreneur*, October 2006
- "Coaching Communication for Wellness Professionals," simultaneous appearance in *Wellness & Fitness Entrepreneur* and *Personal Fitness Professional*, September 2006
- "More than a Workout," a 5-page cover story in *Personal Fitness Professional*, December 2004, about coaching trends in the personal training industry
- Exclusive segment on WGN-TV Chicago news about in-home training using the Resist-A-Ball
- Sixty-minute live interview on Chicago Roundtable, WHPK 88.5FM radio, discussing American health and fitness needs
- Two-page feature in the South Bay *Daily Breeze* spotlighting in-home training using the Resist-A-Ball
- Also featured in *Chicago Tribune*, *Reader's Digest online*, *Glamour.com*, *MSNBC.com*, *Skyline News*, *Pioneer Press*, *My Family Doctor*, and on CBS2 Chicago morning news.

## **EDUCATION**

### **Professional Certifications & Recognition**

- CPR/AED
- 230-hour Yoga Teacher Training (Asheville Yoga Center)
- American College of Sports Medicine (ACSM) Certified Health Fitness Specialist
- American Council on Exercise (ACE) Personal Trainer
- IDEA Advanced Personal Fitness Trainer
- Certified Wellness Coach by Wellcoaches
- ACE Lifestyle and Weight Management Coach
- Certified Nutrition Manager Consultant
- NASM Personal Trainer (*maintained certification from 2000–2004*)

### **Continuing Education Courses**

- Pro-active Postural Restructuring, February 2011
- Low Back Disorders with Dr. Stuart McGill, February 2010
- Kinetic Anatomy, December 2008
- Health Behavior Theory with Dr. Phil Troped; Health Communication with Dr. Susan Morgan, Purdue University, Fall 2007
- Lifestyle Fitness Coaching with Dr. Jim Gavin, June 1, 2007
- Basic Training for Cycling with Dr. Tom Seabourne, April 7, 2007
- Coaching Psychology Workshop, October 27, 2006
- Overcoming Self-Defeating Behaviors, February 10, 2006
- Motivational Interviewing with Dr. Jacqueline Elders, May 19, 2006
- Functional Training with Juan Carlos Santana, August 2005
- Medical Wellness Coaching, October 10, 2003
- Advanced Training in Weight Management, May 2, 2003
- Nutrition Specialist Course with Dr. Jane Pentz, April 20-21, 2002 and April 12-13, 2003
- Senior Fitness: Evaluation, Measurement, and Intervention, October 12, 2002
- Core Board Master Class with Jeffrey Scott, April 16, 2002
- Paul Chek on Exercise, Training, and Rehab, August 12, 2001
- Club Industry: Exercise Innovations; Manual Resistance Training; Wellness Programming, October 25-28, 2000
- FACT Fest Personal Trainer Congress: Realistic Periodization; Physics Before Physiology; Sports Moves Analysis, May 25, 2000
- Resist-A-Ball Module I Basic Training and Module II Dynamic Flexibility, March 11, 2000
- Dr. Dan Kosich on Exercise and Training, December 4, 1999

### **Higher Education**

- M.A. in Health Communication, Purdue University, West Lafayette, IN
- B.A. in English & Psychology, University of Minnesota, Minneapolis, MN
- Phi Beta Kappa honors society