



**Health and Wellness Center**

## **Paid Internship-Corporate Health and Wellness Center**

Join Verizon Wireless and learn why we're #1. Internships just don't get any better than this. At Verizon Wireless, you'll experience the challenge, excitement and reward of working for the largest and most advanced wireless voice and data network in the world. You'll work with the latest technologies, learn from the best minds in the industry and have a unique opportunity to use your knowledge and skills in an environment dedicated to maintaining global network superiority.

### **Duties:**

Internship students will learn the responsibilities for supporting the overall direction and development of the Health and Wellness programs for employees at Verizon Wireless. Interns will support the facilitation of fitness assessments (including health history, height, weight, circumference measurements, body composition, heart rate, blood pressure, submax VO2 bicycle testing, flexibility testing through the use of a sit and reach test, and muscular strength and endurance tests utilizing push-up and sit-up protocols). Conduct equipment orientations including both cardiovascular equipment and resistance equipment. Provide one-on-one training, nutritional advice and exercise prescriptions. Help ensure a safe and clean facility by checking equipment, addressing and correcting malfunctions and maintaining an adequate inventory of supplies. Chart member attendance and progress. Support the development of incentive programs and motivation programs. Assist with health promotion activities including seminars, lectures and workshops on a variety of health and wellness topics including nutritional topics, time and stress management and relaxation techniques. Assist with other fitness center programs that could include: flu shots, wellness messages, health screenings, blood drives, body composition and blood pressure checks, and charitable events.

### **Qualifications:**

Current college student pursuing a Bachelor's or Master's degree in Exercise Science, Exercise Physiology, Kinesiology or a related field. Student must be at the junior level and above. Excellent communication skills. Ability to work a flexible schedule. Ability to meet deadlines and work in a fast paced work environment. CPR, & AED Certification required. Experience with fitness assessments/testing and personal training strongly preferred. Be committed to encourage and motivate others to exercise and maintain healthy lifestyle through personal example.

### **For more information contact:**

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