Corporate Fitness Center
Verizon Wireless - Irvine
Paid Internship Positions Available
$13.00/Hour

Duties and Responsibilities:
This position is responsible 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.

Candidate Qualifications:
• B.S. in Exercise Science, Physical Education, Health Related Field
• Excellent communication skills.
• Ability to work a flexible schedule.
• Ability to meet deadlines and work in a fast paced work environment.
• CPR & First Aid Certified.
• Be committed to encourage and motivate others to exercise and maintain healthy lifestyle through personal example.

Contact:
Jamie Birk or Sarah Stansberry
Health and Wellness Coordinators
15505 Sand Canyon Ave.
Irvine, CA 92618
Jamie.birk1@verizonwireless.com
Sarah.stansberry@verizonwireless.com
949-286-8095/8097
949-286-8098 fax