



# ADVANTAGEHEALTH CORPORATION INTERNSHIP PROGRAM

## ARE YOU READY TO GAIN REAL WORLD EXPERIENCE?

AdvantageHealth corporation is seeking a Fitness & Wellness Intern for our client locations in Shoreview/Fridley, MN. Fitness & Wellness Interns work directly with our Fitness & Wellness Program Manager, and corporate clientele, while gaining valuable hands-on experience. AdvantageHealth's Fitness & Wellness internship gives students the opportunity for growth in many areas which may include, but are not limited to:

- Personal training techniques
- Group exercise class instruction
- Fitness testing and exercise prescription
- Wellness programming
- Facility orientations
- Customer service
- Health promotion & marketing

## REQUIREMENTS

This individual must be enrolled in a university program, focused on exercise science, health promotion, health education or another related field. The candidate will possess the ability to consult with members at all levels and show strong interpersonal skills in addition to excellent written and verbal communication skills.

Knowledge of exercise physiology, exercise testing and prescription, health promotion programming, corporate wellness and facility operations favored. Professional certifications by nationally recognized health/fitness organizations are beneficial, but not required. This individual must hold a current certification in CPR/AED. This is an unpaid internship opportunity.

## APPLY

If you are interested in applying, please submit a cover letter and resume to:

Hope Molnar at [hmolnar@advantagehealth.com](mailto:hmolnar@advantagehealth.com)

Spring Applications are due by November 14  
Summer Applications are due by March 20

