

corporate wellness specialist certification

Corporate Wellness Specialist Certification: Your Path to a Rewarding Career

Are you passionate about helping others achieve their best health and well-being? Do you see the growing need for proactive health solutions within the corporate world? If so, a career as a Corporate Wellness Specialist might be the perfect fit for you. This comprehensive guide will delve into everything you need to know about corporate wellness specialist certification, exploring the benefits, career paths, and steps to obtaining this valuable credential. We'll cover certification options, essential skills, and how to stand out in this increasingly competitive field. Get ready to unlock the potential of a fulfilling career dedicated to improving the lives of employees and boosting company productivity.

What is a Corporate Wellness Specialist?

A Corporate Wellness Specialist is a health and wellness professional who designs, implements, and manages wellness programs within organizations. They work with employees to promote healthy lifestyles, reduce healthcare costs, and improve overall productivity and well-being. Their roles are diverse and can include designing fitness challenges, leading workshops on stress management and nutrition, providing health screenings, and implementing employee assistance programs (EAPs). Essentially, they're the champions of employee health within a company.

Why Choose Corporate Wellness Specialist Certification?

In today's fast-paced corporate environment, employee well-being is no longer a "nice-to-have" but a critical factor in success. Companies are increasingly recognizing the link between employee health and productivity, leading to a surge in demand for skilled Corporate Wellness Specialists. Earning a corporate wellness specialist certification provides several key advantages:

Enhanced Credibility: Certification demonstrates your expertise and commitment to the field, setting you apart from uncertified professionals. It builds trust with employers and clients, showing that you possess the necessary knowledge and skills.

Increased Earning Potential: Certified specialists often command higher salaries and have more lucrative career opportunities than their uncertified counterparts.

Career Advancement: Certification can open doors to leadership roles and management positions within the wellness industry.

Specialized Knowledge: Certification programs provide in-depth training on a range of topics, including health promotion, disease prevention, stress management, and workplace ergonomics.

Networking Opportunities: Many certification programs offer networking opportunities with other professionals in the field, expanding your connections and providing valuable mentorship.

Types of Corporate Wellness Specialist Certifications

There isn't one single universally recognized "Corporate Wellness Specialist" certification. Instead, various organizations offer certifications that focus on different aspects of corporate wellness. Some popular options include:

Wellness certifications from professional organizations: Look for certifications offered by reputable organizations like the American College of Sports Medicine (ACSM), the National Wellness Institute (NWI), or the Wellness Council of America (WELCOA). These organizations often offer certifications focusing on specific areas like health coaching, fitness instruction, or wellness program management.

University-based certifications or graduate programs: Some universities offer certificates or graduate programs in corporate wellness or related fields, providing a comprehensive education and potential for networking within academia.

Specialized certifications: Consider certifications focused on specific areas within corporate wellness, such as stress management, nutrition, or mindfulness, to enhance your expertise in a particular niche.

Essential Skills for Corporate Wellness Specialists

Beyond certification, possessing the right skills is crucial for success. These include:

Strong Communication Skills: You'll need to effectively communicate with employees, managers, and other stakeholders.

Program Management Skills: Developing, implementing, and managing wellness programs requires strong organizational and project management skills.

Data Analysis and Reporting: Tracking program participation and measuring outcomes requires proficiency in data analysis and reporting.

Health and Wellness Expertise: A solid understanding of health promotion principles, disease prevention, and various wellness modalities is essential.

Problem-Solving and Critical Thinking: You'll need to be able to identify challenges, develop solutions, and adapt programs to meet the specific needs of the company and its employees.

Finding the Right Corporate Wellness Specialist Certification Program

Choosing the right certification program is a crucial step. Consider these factors:

Accreditation: Look for programs accredited by reputable organizations.

Curriculum: Ensure the program covers the relevant topics and skills needed for the job.

Cost: Compare the costs of different programs and choose one that fits your budget.

Flexibility: Consider the program's format (online, in-person, hybrid) and choose one that accommodates your schedule.

Instructor Qualifications: Research the instructors' qualifications and experience.

Building a Successful Career as a Certified Corporate Wellness Specialist

Once you've earned your certification, actively build your career by:

Networking: Attend industry events, join professional organizations, and connect with other professionals in the field.

Building a Portfolio: Document your successes and highlight your expertise to showcase your value to potential employers.

Continuing Education: Stay updated on the latest trends and research in corporate wellness.

Conclusion

Obtaining a corporate wellness specialist certification is a significant investment in your future. It demonstrates your commitment to the field, enhances your credibility, and unlocks numerous career opportunities. By carefully considering the certification options, developing essential skills, and actively networking, you can establish a rewarding and impactful career dedicated to improving employee well-being and driving organizational success.

FAQs

1. How long does it take to become a certified corporate wellness specialist? The time varies depending on the chosen program, ranging from a few months for shorter certificate programs to several years for master's degrees.

1. What is the average salary for a corporate wellness specialist? Salaries vary based on experience, location, and employer, but certified specialists generally earn more than their uncertified counterparts.

1. Are online corporate wellness specialist certification programs as effective as in-person programs? Many excellent online programs offer comparable quality to in-person options, providing flexibility and accessibility.

1. What are the career advancement opportunities for corporate wellness specialists? Career paths can lead to senior wellness roles, management positions, consulting, or even starting your own wellness business.

1. What is the difference between a corporate wellness specialist and a health coach? While there is overlap, corporate wellness specialists typically focus on designing and implementing programs within organizations, while health coaches often work with individuals on personalized health goals.

corporate wellness specialist certification: NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

corporate wellness specialist certification: **The BioMechanics Method for Corrective Exercise** Price, Justin, 2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function.

corporate wellness specialist certification: The Health Seeker's Handbook Bob Merberg, 2003-10 In The Health Seeker's Handbook, health coach Bob Merberg shows readers how to kick

the willpower habit and get fit, lose weight, or reduce stress, once and for all. With humor, real life stories, and a wealth of practical tips as well as profound insights, 'The Health Seeker's Handbook' integrates the essential elements for creating any long-lasting health change--whether physical, psychological, or spiritual. It recognizes that the key to success is not the strength of our willpower but the willingness to pay attention, to treat ourselves with kindness and caring, and to shed the self-limiting beliefs that block us from acting on our deepest attentions. -- Barbara Carlson, coauthor, *Taking Care of Me*

corporate wellness specialist certification: *Coaching Psychology Manual* Margaret Moore, Erika Jackson, Bob Tschannen-Moran, 2015-09-02 This second edition of the Coaching Psychology Manual helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

corporate wellness specialist certification: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Mental Health & Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments - providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues Mental Health & Wellbeing in the Workplace is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

corporate wellness specialist certification: **Health Promotion Programs** Carl I. Fertman, Diane D. Allensworth, Society for Public Health Education (SOPHE), 2016-10-17 Comprehensive coverage, real-world issues, and a focus on the practical aspects of health promotion Health Promotion Programs combines theory and practice to deliver a comprehensive introduction to the planning, implementation, and evaluation of health promotion programs. Presenting an overview of best practices from schools, health care organizations, workplaces, and communities, this book offers clear, practical guidance with an emphasis on hands-on learning. This new second edition has been updated to include discussion on today's important issues, including health equity, the Affordable Care Act, big data, E-health, funding, legislation, financing, and more. New coverage includes programs for underserved priority populations at a geographically-diverse variety of sites, and new practice and discussion questions promote engagement on highly-relevant topics. Public health is a critical aspect of any society, and health promotion programs play an important role. This book provides clear instruction, practical guidance, and multiple avenues to deeper investigation.

Plan health promotion programs from the basis of health theory Gain in-depth insight on new issues and challenges in the field Apply what you're learning with hands-on activities Access digital learning aids and helpful templates, models, and suggestions Designed to promote engagement and emphasize action, this book stresses the importance of doing as a vital part of learning—yet each step of the process is directly traceable to health theory, which provides a firm foundation to support a robust health promotion program. *Health Promotion Programs* is the essential introductory text for practical, real-world understanding.

corporate wellness specialist certification: *NASM Essentials of Personal Fitness Training*, 2008 Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

corporate wellness specialist certification: *Introduction to Health Promotion* Anastasia M. Snelling, 2014-08-14 Understand the foundations and applications of health promotion *Introduction to Health Promotion* gives students a working knowledge of health promotion concepts and methods and their application to health and health behaviors, with a special emphasis on the philosophical and theoretical foundations of health promotion. The textbook also identifies and discusses the innovative health campaigns, strategies, and policies being implemented and enacted to improve health behaviors and practices that ultimately improve quality of life. Written by a professor with more than two decades of experience teaching and researching health promotion, this comprehensive resource goes beyond the basics, delving into issues such as the application of behavior change theories, planning models, and current wellness topics like nutrition, physical activity, and emotional well-being, among others. Provides a clear introduction to the most essential topics in health promotion and education Explains behavior change theories and program planning models Explores health promotion's role tackling issues of stress, tobacco use, eating behaviors, and physical activity Includes chapters dedicated to professions, settings, and credentials available in the health promotion field Looks at future trends of health promotion Ideal for students in health promotion, health education, and public health fields, *Introduction to Health Promotion* prepares students with a comprehensive overview of the foundations, history, and current perspectives of health promotion, as well as its key methods and applications.

corporate wellness specialist certification: *Worksite Health Promotion* David H. Chenoweth, 2011-06-14 In today's difficult economic environment, worksite health promotion programs are becoming increasingly important as employers look for ways to contain health care costs and improve productivity. The newly updated *Worksite Health Promotion, Third Edition*, presents students and professionals with all of the information they need to create programs that address these issues, improving both the physical health of the employees and the financial health of the organization. Based on Dr. Chenoweth's expertise as a professor and a professional consultant, the text combines theoretical principles and research with practical applications and real-world examples to give readers a comprehensive and immediately useable introduction to the field. The text begins with an overview of worksite health promotion that illustrates the importance of these programs in today's workplace. This is followed by a discussion of the economic forces that make implementing worksite health programs so advantageous for employers. The text's clear presentation of program benefits highlighted in economic-based evaluations will prepare readers to make a case for their own interventions. *Worksite Health Promotion, Third Edition*, provides a step-by-step approach to planning, implementing, and evaluating programs. Readers will explore key topics such as assessing employees' needs, setting appropriate goals, gaining management buy-in, budgeting, and program evaluation. They will also find full coverage of programming issues, including strategies for

developing programs for healthy lifestyles, medical self-care, and disability management. The specific challenges of programming for small businesses and multisite workplaces are also addressed. The third edition has been fully revised with an improved organization and updated charts, tables, and references as well as the following additions that reflect the latest research and trends in the field: •Updated information on ADA, HIPAA, and GINA standards as they relate to worksite health promotion that will help readers better understand the implications of the legislation for their own businesses •New sections on health management, health coaching, budget development options, and present value adjustment •More information on integrated health data management systems, e-health technology, nutrition and weight control programs, fostering a healthy culture, and reducing stress in the workplace •Expanded coverage of program evaluation, including new sections on break-even analysis and determining present versus future value as well as improved illustrations of econometric-based evaluations and evaluation design •A larger focus on career development with updated information on certification options, intermediate-level practitioner competencies, and internship and job searches that will help students explore their professional options and prepare for their future in the field Improved textbook features make this leading text more classroom friendly than ever. Learning objectives, end-of-chapter overviews, and a new glossary of key terms will help students focus on the most important concepts in each chapter. Updated Looking Ahead and What Would You Do? sidebars will aid them in applying the information and can serve as the starting point for class discussions or assignments. A new instructor guide gives faculty great help in preparing for courses. It contains sample syllabi (including a syllabus for increasingly popular online offerings), a weekly instructional guide, and course outlines. Also new to this edition is an image bank with most of the art and tables from the text. Current practitioners looking for ideas and strategies for building a healthier workforce as well as students just beginning an exploration of the field can depend on *Worksite Health Promotion, Third Edition*, to inspire and inform. Both groups will find that this text offers the business knowledge, resources, and insights to guide them in this diverse and exciting career.

corporate wellness specialist certification: The Guide to National Professional Certification Programs Philip M. Harris, 2001 The job market continues to change. Highly skilled and specialized workers are in demand. Traditional education cannot meet all the needs to create specialty skill workers. Certification provides up-to-date training and development while promoting individual or professional skills and knowledge in a focused manner. Certification as a way of continuing professional education can also be more cost effective.

corporate wellness specialist certification: ACSM's Resources for the Health Fitness Specialist American College of Sports Medicine, 2013-03-07 This valuable new resource is specifically designed for candidates for the ACSM's Certified Health Fitness Specialist (HFS) and those personal trainers wanting to take their knowledge to the next level. It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice, The American College of Sports Medicine. The American College of sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

corporate wellness specialist certification: ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

corporate wellness specialist certification: The Wellness Revelation Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant

roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

corporate wellness specialist certification: Introduction to Recreation and Leisure Tyler Tapps, Mary Sara Wells, 2024-01-26 *Introduction to Recreation and Leisure*, Fourth Edition, presents a comprehensive view of the multifaceted field of recreation and leisure. It delves into foundational concepts, delivery systems, and programming services. Over 40 leading experts from around the globe offer their diverse perspectives

corporate wellness specialist certification: Corporate Fitness, 1988

corporate wellness specialist certification: Prime-Time Health William Sears, 2010-01-06 Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted -- and needed -- to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life -- and it worked. Now at the peak of health, Dr. Sears shares his program in *Prime-Time Health*. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, *Prime-Time Health* is a practical program to help you live your best life possible-pain-free, disease-free, stress-free, and medication-free.

corporate wellness specialist certification: ACSM's Certification Review American College of Sports Medicine, 2010 This is a review manual for candidates wanting an ACSM credential. It combines content from 'ACSM's Health and Fitness Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

corporate wellness specialist certification: The Corporate Athlete Jack L. Groppel, Jim Loehr, 1999-12-28 As Jack Groppel so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. . . . This book is a must read for all those striving for the gold.-Arthur M. Blank, CEO and President, The Home Depot Wow! This is an incredible book. Every person in business should read *The Corporate Athlete* from cover to cover and apply it every day.-Brian Tracy, author of *Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed* Today's corporate world is much like the world of professional sports-it is fiercely competitive and mentally and physically demanding, and it requires constant, vigilant training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. In this book, top business consultant, trainer, and lecturer Jack Groppel shows you how to use the training mentality of elite professional athletes. Based on the latest scientific research, *The Corporate Athlete* shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the parallels between sports and business, Jack Groppel reveals the integral roles that nutrition, fitness, and self-improvement-mental, physical, and emotional-play in giving Corporate Athletes their winning edge. It's an edge that's crucial if you need to come to a meeting fresh off the plane, pull out all the stops on a big presentation, cut the major deals-and still have the energy to enjoy time with family and friends. This practical and beneficial 21-day program will give you, no matter how overworked you are, the stamina and commitment to develop a world-class career. Learn to: * Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. * Be on when you need to be on * Respond to change, adversity, and crisis more constructively * Display more positivity and confidence * Eat properly on the road, in the air,

and before and during business meetings * Slow down the aging process Take advantage of the same secrets that Dr. Groppel has used to help high-stress professionals-from Olympic athletes and NHL stars to fast-lane executives at major companies like Morgan Stanley Dean Witter, Estée Lauder, and Bristol-Myers Squibb-get themselves in fighting shape. Here is the program that will train you to perform at the highest possible levels in both your professional and your family life-because taking optimum care of yourself, mentally and physically, is the best way to take care of business. Outstanding . . . The Corporate Athlete is a truly comprehensive program to help you achieve both your personal and your professional goals. It will help you take control of your life and effect positive physical, mental, and spiritual change.-Darlene Hamrock, Regional Vice President, Clinique Why do so many top performers call themselves Corporate Athletes? Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. The Corporate Athlete is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment.-Leonard Lauder, Chairman and Chief Executive Officer of the Estée Lauder Companies, Inc. This is the book to teach you how to perform your job at the highest level possible while maintaining maximal health and happiness.-Jim Courier, French Open champion and former world No. 1 tennis player

corporate wellness specialist certification: ACSM Certified Personal Trainer Exam Prep Ascencia, 2020-08-12

corporate wellness specialist certification: Transforming Stigma Mike Veny, 2019-07-08 Transforming Stigma provides a simple solution to improve the lives of people struggling with mental health challenges. The agony of a lifetime battling his own mental health challenges led Mike to the realization that one of the most difficult obstacles in overcoming a mental health challenge is The Stigma Cycle.

corporate wellness specialist certification: *Workplace Health Promotion Programs* Carl I. Fertman, 2015-09-11 Shine a spotlight on the benefits of promoting health in the workplace Workplace Health Promotion Programs focuses on the incredible value that employee health programs can offer by exploring six key topics: behavioral health, physical health, healthy environments, health education, nutritional health, and physical activity. This in-depth resource explicitly establishes what successful workplace health promotion programs, services, and collaborations are, and then builds upon this foundational understanding by introducing methods and tools for promoting employee health and safety, while emphasizing the skills students need to do so. Through this resource, students will come to understand how to recognize employee health and safety opportunities, and how to think on a larger scale when it comes to workplace health initiatives in small, midsized, and larger employers that are comprehensive and fiscally sound. Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process. Health problems are estimated to cost employers in the United States over \$200 billion per year through medical costs, absenteeism, disability, and overall reduced productivity. Improving well-being through effective workplace health promotion programs can reduce this cost—and create healthier, happier workforces. Discover the design, implementation, and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence-based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs, including health policies, health insurance design, worker safety, employee behavior, etc. Learn how together employers and employees work to create a culture of health and well-being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a resource that guides students and professionals alike in the discovery, development, and execution of successful employee health initiatives.

corporate wellness specialist certification: *Start Your Own Personal Training Business* The Staff of Entrepreneur Media, Cheryl Kimball, 2016-11-21 Personal training is an exciting industry to be in right now! Starting a personal training business can offer a satisfying combination

of financial reward, a flexible schedule, and a career where you can make a profound difference in the lives of others. As skilled personal trainer, having good business knowledge and judgment can be the first step to earning a substantial income. In this revised guide, our experts teach you the nuts and bolts of starting a business, including everything from writing a business plan to finding a profitable niche within the exercise and sports community. From boutique studios to partnerships with schools and private trainers, this book will help get you started on the right foot.

corporate wellness specialist certification: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

corporate wellness specialist certification: ACSM's Health/Fitness Facility Standards and Guidelines-5th Edition American College of Sports Medicine, Sanders, Mary, 2019 ACSM’s Health/Fitness Facility Standards and Guidelines, Fifth Edition, presents the current standards and guidelines to help health and fitness establishments provide high-quality service and program offerings in a safe environment. Revised by an expert team of professionals with expertise in architecture, health and wellness, law, safety-related practices and policies, and the health and fitness club industry, this authoritative guide provides a blueprint for health and fitness facilities to elevate the standard of care they provide their members, as well as enhance their exercise experience.

corporate wellness specialist certification: Introduction to Kinesiology Shirl J. Hoffman, 2013 Introduction to Kinesiology: Studying Physical Activity, Fourth Edition, offers the most cohesive introduction to the field of kinesiology available, giving students a solid background in the field and preparing them for further study and course work.

corporate wellness specialist certification: The Primal Blueprint Mark Sisson, 2019 The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. --

corporate wellness specialist certification: ROAR Stacy T. Sims, PhD, Selene Yeager,

2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

corporate wellness specialist certification: *StressMap* Esther M. Orioli, Dennis T. Jaffe, Cynthia D. Scott, 1987 Uses a questionnaire to analyze one's environment, coping responses, inner feelings, and distress signals, and tells how to interpret the results

corporate wellness specialist certification: *ACSM's Clinical Exercise Physiology* American College of Sports Medicine, 2019-02-01 ACSM's Clinical Exercise Physiology adapts and expands upon the disease-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom textbook. This new resource offers research-based coverage of more than 35 conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are organized by disease types and then divided into sections that cover specific conditions from a pathological and etiological perspective. To provide a complete view of clinical exercise physiology, the book also covers important considerations and foundational elements, such as screening, pharmacology, and electrocardiography. As an American College of Sports Medicine publication, the text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

corporate wellness specialist certification: *CHES Exam Secrets Study Guide* Ches Exam Secrets Test Prep, 2018-04-12 ***Includes Practice Test Questions*** CHES Exam Secrets helps you ace the Certified Health Education Specialist Exam, without weeks and months of endless studying. Our comprehensive CHES Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. CHES Exam Secrets includes: The 5 Secret Keys to CHES Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive Responsibility I review including: Community Analysis, Community Diagnosis, Needs Assessment, Primary Data, Secondary Data, Mail Survey, Telephone Survey, In-person Survey, Interviews, Focus Groups, Nominal Group Process, Delphi Panels, Observation, Health Risk Appraisals/Assessments

(HRA); A comprehensive Responsibility II review including: Mission Statement, Outcome Objective, Goals, Behavioral Objective, PRECEDE-PROCEED, MATCH, Impact Objective, PATCH, Healthy People 2010, Health Education, Objectives, SMART; A comprehensive Responsibility III review including: Learning Activities, Implementation, Primary Function, Five Phases of Implementation, Pre-testing, Four Ps of Marketing, Educational Activities, Environmental Interventions, Behavior Modification, and much more...

corporate wellness specialist certification: *Intuitive Eating, 2nd Edition* Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.

corporate wellness specialist certification: *Wellness by Design* Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

corporate wellness specialist certification: Healthy Dividends Tricia Silverman, 2019-08-15

corporate wellness specialist certification: *Commercial Motor Vehicle Driver Fatigue, Long-Term Health, and Highway Safety* National Academies of Sciences, Engineering, and Medicine, Transportation Research Board, Division of Behavioral and Social Sciences and Education, Board on Human-Systems Integration, Committee on National Statistics, Panel on Research Methodologies and Statistical Approaches to Understanding Driver Fatigue Factors in Motor Carrier Safety and Driver Health, 2016-09-12 There are approximately 4,000 fatalities in crashes involving trucks and buses in the United States each year. Though estimates are wide-ranging, possibly 10 to 20 percent of these crashes might have involved fatigued drivers. The stresses associated with their particular jobs (irregular schedules, etc.) and the lifestyle that many truck and bus drivers lead, puts them at substantial risk for insufficient sleep and for developing short- and long-term health problems. *Commercial Motor Vehicle Driver Fatigue, Long-Term Health and Highway Safety* assesses the state of knowledge about the relationship of such factors as hours of driving, hours on duty, and periods of rest to the fatigue experienced by truck and bus drivers while driving and the implications for the

safe operation of their vehicles. This report evaluates the relationship of these factors to drivers' health over the longer term, and identifies improvements in data and research methods that can lead to better understanding in both areas.

corporate wellness specialist certification: Reconceptualizing Social Justice in Teacher Education Susan Browne, Gaëtane Jean-Marie, 2022-11-28 This edited volume explores and extends themes in contemporary educational research on teacher preparation and the evolution in social justice education to antiracist pedagogy. These times call for teacher education to reconsider how the work devoted to social justice is explicit and intentional about its commitment to a racially just society. What does it mean for teacher education to seize this moment to confront racism and inequities that continue to perpetuate in society and school? The book highlights efforts that are being augmented to prepare teacher candidates and future faculty to address systemic racism in their teaching practices.

corporate wellness specialist certification: **ACSM's Guidelines for Exercise Testing and Prescription** American College of Sports Medicine, 2014 The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

corporate wellness specialist certification: Introduction to Kinesiology Duane V. Knudson, Timothy A. Brusseau, 2021-10-20 Introduction to Kinesiology: Studying Physical Activity, Sixth Edition With HKPropel Access, offers students a comprehensive overview of the field of kinesiology and explores the subdisciplinary fields of study, common career paths, and emerging ideas that are part of this dynamic and expanding discipline. This engaging, full-color introductory text stimulates curiosity about the vast field of kinesiology and generates awareness of the long-standing and current issues that kinesiology professionals seek to understand and solve. Introduction to Kinesiology, Sixth Edition, features a three-section structure that has always been a strength of this leading introductory textbook. Part I examines the diversity of physical activity and kinesiology and summarizes the importance of knowledge gained through physical activity experiences. Part II delves into the seven major subdisciplines of kinesiology, with an overview of major historical events, research methods, professional work and application, and ideas for career advancement in each. Part III elaborates on professionalism and then examines five main areas for career opportunities. With hundreds of updated references, the sixth edition includes the latest research and data available as well as an increased emphasis on sensitivity and inclusion. New editor Timothy A. Brusseau, a national youth physical activity expert who has served on the board of directors for the American Kinesiology Association, contributes his expertise and insight to the text. Additional updates to the sixth edition include the following: Related online learning tools delivered through HKPropel offer interactive opportunities to engage with and better understand the content. Updates to data, research, and graphics incorporate the most recent discoveries. New Research and Evidence-Based Practice in Kinesiology sidebars highlight influential contemporary studies and discuss how they can be applied in professional settings as an evidence-based practice. New Subdisciplinary Highlight sidebars feature trending topics in the subdisciplines of kinesiology. New Hot Career Opportunity sidebars discuss emerging career paths for kinesiology and exercise science majors. The online learning activities include audio, video, drag-and-drop activities, and scenario-based exercises to fully immerse students into the various aspects of kinesiology. Students will learn how to read and evaluate research and will develop the ability to think critically in order to confront specific challenges. Most of the activities can be assigned, and progress tracked, directly through HKPropel. Chapter quizzes (assessments), which are automatically graded, may also be

assigned to test comprehension of critical concepts. Ample learning aids within the text—such as chapter objectives, summaries, key points, and review questions—will also aid in knowledge retention. Opening scenarios at the beginning of each chapter feature a specific athlete, activity, or issue in kinesiology that serves to illustrate the main points. Introduction to Kinesiology provides essential information for students embarking on their study of kinesiology, and this updated sixth edition prepares them for future courses and further study. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

corporate wellness specialist certification: *Adult-Gerontology Clinical Nurse Specialist Certification Review* Amy C. Shay, PhD, RN, APRN-CNS, FCNS, Jan Powers, PhD, RN, CCRN, CCNS, CNRN, NE-BC, FCCM, Terry A. Doescher, MSN, RN, CNS-BC, CCRC, 2021-03-02 Co-Published with the National Association of Clinical Nurse Specialists (NACNS) to provide you with invaluable guidance for acing your Adult-Gerontology CNS exam! This comprehensive review manual provides the ultimate resource for either the AACN Adult-Gerontology Clinical Nurse Specialist Wellness Through Acute Care (ACCNS-AG) or the ANCC Adult-Gerontology Clinical Nurse Specialist (AGCNS-BC) certification exam. It incorporates both current test plans and the most recent NACNS core competencies, encompassing all the essential knowledge you need to pass the exam and succeed in practice. Written by certified Clinical Nurse Specialist educators and practitioners, this guide begins with an overview of both exams, study tips, and test-taking strategies to help you prepare for the big day. The manual is then organized into three sections according to the Three Spheres of Impact for CNS Practice. Patient Direct Care: covers health assessment, diagnostic reasoning, pharmacology, and pathophysiology Nurses & Nursing Practice: reviews health maximization, consultation, advocacy, culturally competent care, and coaching and mentoring Organizations & Systems: features sections on leadership, QI/safety, outcomes, research, and evidence-based practice Adult-Gerontology Clinical Nurse Specialist Certification Review provides a targeted, systematic review for the ACCNS-AG and AGCNS-BC exams with end-of-chapter review questions and a FULL practice test that includes answers and rationales in an easy-to-digest format. Key Features: Reflects the latest AACN and ANCC test plans Incorporates the updated NACNS Core Competencies and the AACN Scope and Standards for CNS Practice Edited and authored by certified Clinical Nurse Specialist educators and practitioners Includes end-of-chapter review questions, PLUS a valuable 175-question practice test with rationales for self-assessment Purchase includes digital access for use on most mobile devices or computers

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corporate wellness specialist certification: *Introduction to Recreation and Leisure* Human Kinetics (Organization), 2013 Introduction to Recreation and Leisure, Second Edition, is a textbook designed for an initial undergraduate course in a recreation and leisure program. With its 21st-century views of recreation and leisure services, it incorporates indicators for future directions

in the field and presents international perspectives as well as career opportunities in recreation and leisure. A new web resource is included.

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