

WENDY WEAVER

Saint Petersburg, FL ♦ (727) 656-0513
wendy@wendyweaverwellness.com

SUMMARY

Thirteen years experience as a process-oriented Wellness Promotions Director and Wellness Consulting with proven success leading teams and individuals to meet aggressive goals. Key strengths in management, detail operations, strategy, training, problem resolution, hands-on troubleshooter with solid backing of eighteen years experience in fitness, nutrition, stress management, exercise and holistic health. Expertise includes:

- Corporate Wellness Consultant
- Safety and Quality
- Training and Mentoring Team
- Process Improvement
- Health Educator
- Excellent Customer Service

PROFESSIONAL EXPERIENCE

HUMANA, Tampa, FL

2006 – Present

Wellness Consultant

Manage and advise large commercial accounts (80,000 employees) on wellness programming and implementation. Work with Disease Management and Clinical Programs to reduce claims. Skillfully communicate with Board of Directors, wellness center managers, corporate benefit managers, Humana executives on wellness initiatives, and results driven wellness programs. Organize and run health screenings, wellness day events, health fairs, walking programs and other wellness and health related topics, such as *12 weeks to wellness*.

- Build relationships and partnerships with hospitals, doctors, and other vendors and corporations.
- Developed new strategies to secure vendors into first time provider status.
- Audit company claims, suggest steps towards wellness, gave presentations with proven results.
- Developed and grew company wellness program from zero to ten.
- Secured market one jumbo account with \$500,000 for wellness budget.
- Manager of research wellness project with proven results of \$7 return on investment of \$1 spent.
- Drive down costs for both clients and carrier through wellness consulting and programming.

SAINT ANTHONY'S HOSPITAL, Saint Petersburg, FL

2003 – 2006

Operations Manager/ Fitness Coordinator

Operated hospital based wellness center from initial opening which included hiring and managing a team of 68 employees.

- Director of Younger Trimmer Fitter hospital research project which was aired on the Today Show 12/31/05.
- Created and implemented policy and procedure manuals for fitness assessments and daily operations.
- Intern supervisor for University of South Florida.

CORPORATE FITNESS WORKS (CFW), Saint Petersburg, FL

2000 – 2003

Director Wellness Center

Operated a free-standing wellness center from initial opening at Catalina Marketing Corporation. Developed and implemented new national and regional programs for CFW such as Personal Training Department. Specialized in customer care by enforcing care guidelines, fitness assessments, exercise programs, leading group exercise classes, distributing surveys, compiling results, and implementing suggestions. Utilized visionary thought process by presenting ideas on policy, standard changes, recommendations, extra projects, and developing long term goals. Performed various administrative duties, maintained training and operations.

Director Wellness Center, continued...

- Team leader in training staff, Exercise Programming Leader, ACE Partnership Pilot manager, Behavioral Staff Interviewer, and Coordinator of CFW national personal training program.
- Skillfully communicated with liaison, center staff, supervisor and prospective clients through goal statements, monthly reports, emails, and phone calls.
- Customer satisfaction report was maintained over 75% extremely satisfied 2001-2003.

INFORMED TECHNOLOGIES, Biloxi, MS

1997 - 2000

Health Improvement Specialist

Responsible for all health improvement programs, educational materials and services. Coordinated client health promotion activities including individual health assessment, follow-up and client wellness meetings. Coordinated and facilitated wellness team meetings to plan client centered events that included such topics as safety, nutrition and health assessment. Assisted in the health clinic with patient flow, initial intake including vital signs and documentation.

- Created and maintained a bi-monthly health and wellness education column for Casino newsletter.
- Developed class materials and facilitated health education seminars.
- Recruited and coordinated community health professionals for wellness events.

MCDERMOTT'S ATHLETIC CLUBS, West Chester, PA

1997

Head Personal Trainer/Fitness Instructor

Performed one-on-one consultation developing fitness goals with a variety of clients including young adults and seniors among four different health clubs. Responsible for documenting client progress, measuring outcomes, providing coaching for improved outcome.

- Fitness Instructor: designed fitness program and conducted fitness assessments.
- Manager on Duty: Responsible for daily operations of club which included opening and closing, overseeing special events, maintenance of safe and clean environment, and overall customer satisfaction.

U.S. AIR FORCE, Lajes, Azores

1995 - 1997

Micro Fit Specialist

Conducted fitness assessments on clients: heart rate, blood pressure, back flexibility, strength, ergometry assessment for cardiovascular improvement and body fat loss, exercise prescriptions and program guidance and reporting self improvement.

- Designed and promoted fitness programs which included weight management coaching, instructed group exercise classes, educational lectures and behavior modification programs.
- Provided personal training, assisted in the operations of health fairs, and provided incentive programs for clients.

EDUCATION

B.S., Health Services Management, San Diego College for Health Sciences, National City, CA

A.A.S., Business Administration, Clinton Community College, Bluff Point, NY

CERTIFICATIONS

American Council on Exercise (ACE) certified since 1994

American College of Sports Medicine, Health Fitness Instructor certified since 2003

Corrective Holistic Exercise Kinesiology (CHEK) Exercise, Nutrition & Lifestyle Coach, Certified Ergonomics Assessment Specialist

Certified group exercise instructor, personal trainer, clinical exercise specialist

Certified in Pilates, American Institute of Fitness Educators for older adult training, Reebok studio cycling

TECHNICAL SKILLS

Microsoft Office Suite: MS Word, MS Excel