

THE UNIVERSITY OF TEXAS AT SAN ANTONIO

Agency / Facility Information Sheet

Today's Date: 06/18/2014

Agency Name: Strong Body San Antonio

Address: 6739 Terra Rye, San Antonio, TX 78240

Phone Number: 210-445-0448

Email address: Jennifer@strongbodysa.com

1. Please briefly describe the scope of your facility/agency's work. Printed brochures or fact sheets explaining your organizational goals may be attached.

Strong Body San Antonio provides in-home and online personal training and wellness coaching to clients with many diverse goals. Our specialties include exercise and wellness coaching for weight loss, corrective exercise to relieve minor aches and pains, post-physical therapy exercise programming, and pre/post natal training. Strong Body San Antonio personal trainers and wellness coaches:

- Conduct health-history interviews with clients to identify potential cardiovascular disease risk factors as well as contraindications or limitations to exercise.
- Assist clients in setting SMART goals and in enabling behavior change through easy to follow fitness, wellness, and nutrition plans that have an emphasis on health promotion and disease prevention.
- Empower clients to begin and adhere to wellness programs using guidance, support, motivation, lapse-prevention strategies, and effective feedback.
- Educate clients on how to exercise correctly and how to decipher and follow national consensus guidelines for exercise and nutrition.
- Design comprehensive and structured exercise programs and lead clients through them to meet cardiovascular and resistance training goals.
- Guide clients to reputable, verified health and wellness information to help them adopt healthful behaviors that facilitate wellness program success.

2. Indicate the most appropriate person(s) to contact within your facility/agency regarding internship possibilities.

**Name** Jennifer Trimmier

**Title/Responsibility** Owner/Trainer

**Phone #** 210-445-0448

**Office Address:** 6739 Terra Rye, San Antonio, TX 78240

**Email:** Jennifer@strongbodysa.com

3. Briefly describe the internship experiences available with your facility/agency.

Strong Body San Antonio interns will work in all facets of the health and wellness business including

- Client interview and evaluation
  - Perform health history and readiness interviews
  - Conduct baseline assessments including measurements and body composition, postural, strength, and endurance tests
- Program design and implementation
  - Create functional, mobility, and cardiorespiratory workouts
  - Conduct client training sessions (if certified) and/or shadowing of client sessions
  - Boot camp instruction (if certified)
  - Client communication through email on topics of health, wellness, nutrition, etc.
  - Food log review and recommendations based on current guidelines using appropriate scope of practice based on certifications
- Social media management for the business
  - Create and post motivational and informational material across multiple social platforms on a weekly basis
  - Generate interest on topics and respond to posts and feedback
- Research and writing on relevant fitness and wellness topics for the company's health and wellness blog

Through these tasks, interns will learn to

- Establish rapport with clients and learn to communicate effectively
- Gain insight on how to assess client readiness and health history and how to create well rounded and effective exercise programs appropriate for differing ages and levels of fitness
- Learn how to effectively regress or progress workouts for differing fitness levels and how to tailor workouts to specific client goals
- Gain practical experience by working with clients in both one-on-one and group settings
- Learn social media and marketing tactics used for a small health and wellness businesses
- Use relevant health and wellness knowledge to write articles and blog posts that could be published on local fitness blogs

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?

No restrictions however we prefer that interns have a personal training certification through a nationally recognized certifying agency (ACE, NASM, ASCM, etc.). Intern will only be paid for hours when they are coaching clients or boot camps (up to 10 hours per week). All other hours will be unpaid.

Please return this questionnaire to:

Tunetha Wren Parchem, MPT  
Health & Kinesiology Internship Coordinator  
College of Education and Human Development  
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San Antonio TX 78249-0654

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