

**CHRISTOPHER BREULEUX, PhD**  
[Breuleux@medicalwellnessassociation.com](mailto:Breuleux@medicalwellnessassociation.com)

**SUMMARY**

Leading and cutting edge design for education, training, research, development and consulting expertise in the medical, wellness, fitness and health care industry. Health researcher and faculty member with ten teaching universities, Medical Wellness Diplomat, Advisor and Fellow with Worksite Health Promotion and the American College of Wellness. Assembled and led a nationally recognized Board of Directors, Medical Wellness Advisory Board, and Wellness Practitioner Advisor. Professional Association leadership with Medical Wellness Journal Editor, CEO and publisher. Proven track record in diverse market segments including university, employee, medical and community programs. Developed and designed the first joint university-hospital and healthcare-hospital award winning wellness facilities. Directed the first medically-based wellness centers in Houston and Cincinnati, developed the Integrative Medicine Unit and Wellness Institute. Successful international consultant, speaker, trainer and team leader for wellness, health promotion, fitness, worksite and corporate health programs.

**EDUCATION**

PhD, School of Health Education, The Ohio State University, 1982

Concentration at The Ohio State University

Health Administration, Leadership, Corporate Health and Wellness

Honors: Highest Distinction, Graduate Student Award, Honor Society, GPA 3.96

Doctoral Dissertation: Profile of Corporate Health & Fitness Programs

MA, Department of Health & Physical Education, Exercise Sciences, Miami University, 1978

Concentration at Miami University, Ball State University & University of Maryland

Health Education, Physical Education-Sports Administration, Exercise Physiology

Honors: Distinction, Graduate Laboratory, Honor Society, GPA 3.96

Thesis: A Comparative Study of Physiological & Psychological Effects of Exercise Programs

BS, Health Education, Physical Education and Recreation, Miami University, 1976

Concentration at Miami University

Health Education, Physical Education, Athletic Administration & Training and Coaching

Honors: Scholar Athlete of the Year Distinction and Honor Society

**PROFESSIONAL HISTORY**

PRESIDENT, THE MEDICAL WELLNESS ASSOCIATION (MWA), Houston, Texas

2002 – present

PRINCIPAL, MEDICAL WELLNESS AND PROJECT CONSULTING

Founded and developed the Medical Wellness Association as a multidisciplinary and professional organization to promote medical wellness education and programs. Provided the leadership for the new association to become internationally known as a leading source for standards, information and guidelines for medical and wellness programs, services, training and development. Teaching in the Department of Education, Kinesiology and Behavioral Sciences at University of Houston and Houston Baptist University.

VICE PRESIDENT, MEMORIAL HERMANN HEALTHCARE SYSTEM, Houston, Texas

1999 – 2002

Corporate Vice President and Senior Leadership Team member for the largest community-based Healthcare System in Texas. Developed the Wellness, Health Promotion and Preventive Health division representing programs for the university, community, 13 hospitals, 15,000 employees and the YMCA.

- Developed System Wellness Programs for Memorial Hermann System and Houston Baptist University.
- Directed the Greater Houston YMCA Partnership and provided medical, rehabilitation, health education and wellness services for 33 YMCA facilities. Designed center within center clinic model for hospitals.
- Developed & directed the \$23 million Memorial Hermann & Houston Baptist University Wellness Center.
- Developed the Physical Therapy, Integrative Medicine and the Wellness Institute programs and facilities.
- Directed Complementary Medicine, Health Promotion, Sports Medicine & Mind Body Medical Institute.
- Managed the wellness business unit, membership and program level 15,000 university and hospital employees leading to both the distinguished WELCOA Gold Recognition Award and the HWC Award.
- Raised \$2.5 million dollars fund raising for university and hospital wellness center and programs.

DEPARTMENT CHAIRMAN, COLLEGE OF MT SAINT JOSEPH, Cincinnati, Ohio

1997 – 1999

Provided division leadership as the chief administrator, advisor and chairman of the Department of Health Education, Physical Education and Sport Studies for the School. Received Associate Professor status ranking within the College of Education. Responsibilities included leadership and guidance for department reorganization along with education curriculum and certification re-design for the State of Ohio Department of Education. As the primary education leader, I provided guidance and support for campus-wide wellness initiatives, new wellness and student center, University Health Center, athletics, training and the Physical Therapy department. In addition to these responsibilities, I advised students and faculty, developed new curriculum and taught in the School of Education and Department of Physical Therapy.

EXECUTIVE VICE PRESIDENT, HEALTH FITNESS CORPORATION, Minneapolis, Minnesota 1996 – 1999

Division leadership and direction for development projects and services for the largest public health and fitness management corporation. Responsible for the entire health care and university consulting business in addition to research and development.

- Developed and completed 50 market feasibility studies for hospitals, universities, companies & YMCA's.
- Supported over 250 corporate and hospital management contracts, physical therapy clinics and health fitness facilities representing \$10 million in net revenue.
- Developed market research, successful program guide and new product development.
- Received National awards and recognition with Association of Worksite Health Promotion.

PRESIDENT AND FOUNDER, PREMIER HEALTH, Cincinnati, Ohio

1995 – 1996

Founded and developed international health, wellness and fitness development and consulting company. Provided corporate, employee, university and hospital market studies including design and development for programs and facility operations.

- Developed international wellness programs and services in North America, Europe and Africa.
- Designed and developed corporate onsite fitness and wellness centers in North America and Europe.
- Developed entire business to profit level for acquisition status by the Health Fitness Corporation.

EXECUTIVE DIRECTOR, BETHESDA HEALTHCARE, INC – Cincinnati, Ohio

1988 – 1995

Director, Preventive Health Systems (1990 - 1995)

Chief administrator of preventive health, wellness, risk and fitness management for the largest healthcare based provider of contract health services in the United States. Total responsibility for overall management of multiple operations including training, products, marketing and sales. Managed \$7 million annual budget and directed staff of 230 employees. Developed ten award winning medically-based wellness facilities.

- Created business strategy that captured over 90% managed contract market share within three years.
- Increased management contracts net revenue by 3,000% resulting in \$5 million net revenue.
- Designed and planned \$15 million, 115,000 square foot medical wellness / rehabilitation center.
- Directed over sixty service locations in the Midwest serving 42,000 participants.
- Increased number of corporate hospital management contracts from one to fourteen in four years.

Director, Corporate Fitness for Bethesda Hospitals (1988 - 1990)

Responsible for comprehensive corporate health/fitness for 25,000 employees and 9,000 retirees and family members. Management of multiple operations for \$23,000,000 of facilities including G.E. Aircraft Engines, winner of the National Health-Action Award. \$4 million annual budget with 190 employees.

- Developed over 20 different new health programs/products including clinical PT/Rehab.
- Operated ten corporate wellness facilities and 26 service locations.
- Increased member utilization by 50% during first year.
- Averaged 25% net profit annually for preventive Health and Fitness Management.
- Received the prestigious National Health Action Award for the best practice for G.E. Aircraft Engines.

ADJUNCT PROFESSOR, University of Cincinnati, Xavier University & Northern Kentucky University, 1993-98

NATIONAL COORDINATOR AND LIASON, National Governors Council on Fitness AFB Association, 1992-97

ASSTANT PROFESSOR, TULANE UNIVERSITY, New Orleans, Louisiana

1986 – 1988

Served as Assistant Professor in the Department of Exercise and Sport Sciences teaching undergraduate courses including exercise science, health promotion and sport sciences. Developed new curriculum in Sport and Fitness Management and assisted with exercise physiology laboratory testing and research.

EXECUTIVE DIRECTOR, EUROVITA WELLNESS CENTER & SPA RESORT, New Orleans, LA 1985 – 1987

Designed, developed and managed \$6,000,000 medical health-fitness and spa resort in New Orleans. Directly responsible for construction, new development and operations. Managed over 60 employees including physicians, therapists and medical spa professionals. Taught and designed courses at Tulane University.

- Managed the entire business and start-up from inception with a \$1.8 million annual budget.
- Operated medical programs including physician screenings, assessments, treatments, therapy and sports medicine.

PRESIDENT, VIVO FITNESS INC., Cincinnati, Ohio

1984 – 1987

Developed and established turn key fitness consulting and wellness product sales business. Distributed diverse product and service lines of national health, wellness and fitness products, programs and services. Consulted hospitals, physicians, universities, diverse corporations, health clubs and resorts and the YMCA.

SENIOR DIRECTOR, YMCA/PROCTER AND GAMBLE – Cincinnati, Ohio

1982 – 1985

Responsible for developing and managing health/fitness operations for 15 facilities and over 100 program locations in the South and Midwest. Maintained a staff of 95 professionals and support personnel.

- Designed, developed and operated all corporate programs including YMCA, P & G and GE.
- Credentialed and developed professional health education and training programs.

GENERAL MANAGER, CINCINNATI CLUB AND YMCA – Cincinnati, Ohio and Flint, Michigan 1981 – 1983

General Manager and Director of Fitness for multiple YMCA's and full service health, racquet and dining club. Managed and directed all health and fitness operations and facilities with full responsibilities for budget, staffing, programs services and memberships.

### **LEADERSHIP**

2002 – 2011	President, Medical Wellness Association
2008 – 2011	Board Member for Shape Up Sugar Land, City Mayor's Wellness Council
2004 – 2009	Chairman, Medical Advisory Team Committee, V Sports Medicine, Houston, Texas
2002 – 2010	Editor and Publisher, Medical Wellness Journal and MWA News
2006 – 2009	Trainer / Consultant, Procter & Gamble and Red Cross, Manila, Philippines
2003 – 2007	Wellness Coach, Work and Life Publications, Charlottesville, Virginia
2002 – 2007	Senior Editor, Medical Wellness Journal and Wellness E-Zine
1999 – 2003	Chairman, Wellness Medical Advisory Committee, Houston, Texas
1995 – 2003	Board of Directors, the Aspen Group, Houston, Texas
1994 – 2003	Trainer / Consultant, Procter & Gamble, Casablanca, Morocco; Warsaw, Poland
1994 – 1995	Managing Editor, Worksite Health Promotion Journal
1994 – 1995	Senior Editor, A.W.H.P. ACTION Newsletter and Journal
1992 – 1995	National A.W.H.P. Board of Directors, Vice President Communications
1992 – 1996	Associate Editor, American Journal of Health Promotion
1989 – 1992	National Liaison and Coordinator, National Employee Health and Fitness Day National Governors Council on Fitness, Sports & Association for Fitness in Business

## **PROFESSIONAL PUBLICATIONS**

- "Medical Wellness Resource Guide" *Medical Wellness Publications, WePress Printing, 2010*
- "Successful Wellness Programs" *Medical Wellness Journal, January 2009*
- "Sleep Wellness" *Medical Wellness Journal, July 2008*
- "Defining Medical Wellness for the Consumer" *Medical Wellness Journal, April 2008*
- "A Medical Perspective: Benefits of Wellness Assessments" *Medical Wellness Journal, August 2007*
- "Designing Wellness Centers: Selecting Consultants and Providers" *Medical Wellness Journal, April 2007*
- "The Maturing Wellness Market" *Medical Wellness Journal, September 2006*
- "Developing Medical Wellness Facilities" *Medical Wellness Journal, March 2006*
- "Groundbreaking Health and Medical Wellness Summit," *Medical Wellness Journal, July, 2005*
- "Purchasing Wellness and Medical Equipment" *Medical Wellness Journal, July 2005*
- "Integration of Complementary Medicine" *Medical Wellness Journal, January 2005*
- "Defining Manual and Massage Therapy Medical Codes" *Medical Wellness Journal, January 2005*
- "Managing Stress, Managing Wellness" *Medical Wellness Journal, July 2004*
- "Therapeutic Massage for Healthcare Services" *Medical Wellness Journal, July 2004*
- "Trends and Updates in Medical Spas" *Medical Wellness Journal, July 2004*
- "Defining Optimal Well-being: What is Medical Wellness?" *Medical Wellness Journal, January 2004*
- "Balancing Stress: Plan to Become Stress Resilient" *Work and Life, The WorkCare Group. 2004*
- "Medical Wellness Programs," *Medical Wellness Association Publications, September 2003*
- "Medical Wellness Vision and Guidelines," *Medical Wellness Association Publications, October 2002*
- "Health Expert Guide," *Health Wellness Division, CMSJ Media Guide, April 1997*
- "Medical Cost Savings by Fitness Center Members," *American Journal of Health Promotion, July 1993*
- "Health Risk Management," *ACTION Journal & "Benefits of Corporate Fitness," Forerunner, July 1992*
- "Relaxation Skills Using Guided Imagery," *American Journal of Health Promotion, Research Abstract 1991*
- "The Spa: A Comprehensive Approach to Wellness," *New Orleans Health, December/January 1987*
- "Multi-Site Corporate Fitness Program Design," *Perspective, January/February 1986*
- "Measuring Corporate Health & Fitness Programs," *Employee Benefit Review 1984*
- "Survey of Corporate Fitness Programs," *Employee Services Management, January 1984*
- "Profile of Corporate Fitness Directors," *Corporate Fitness and Recreation, June/July 1983*
- "A Holistic Approach to Health and Physical Education," *East/West Proceedings 1983*
- "Hatha Yoga: A Change of Pace," *Journal of Physical Education, Recreation and Dance, September 1983*
- "Health Fitness Directors' Training/Duties," *Employee Health and Fitness, January 1983*
- "Guidelines for Health Related Fitness," *East Village Journal, October 1982*

## **RESEARCH PUBLICATIONS AND GRANTS**

- "Medical Wellness Standards and Guidelines," *Medical Wellness Association Publications, October 2004-2009*
- "Market Research for Wellness," *Medical Wellness Focus Groups, Baton Rouge, LA, 2005-2007*
- "Fitness Center Utilization and Cost Benefit Analysis," *GE Aircraft Engines, 1991 – 1992*
- "A Profile of Corporate Fitness Directors and Programs," *Ph.D. Dissertation, The Ohio State University, 1982*
- "Hypertension and the Role of Exercise," *Funded Research Project, The Ohio State University, 1980 – 1982*
- "Implications for Sport and Physical Education, The Alexander Technique," *Funded Research Project, 1981*
- "A Comparative Study of Physiological and Psychological Effects Between Aerobic Exercise and Hatha Yoga,"  
Thesis, *Miami University, 1978*

## PROFESSIONAL PRESENTATIONS

- "The Vision and Future of Medical Wellness," The Medical Wellness Forum, San Francisco, 2011..
- "Leading Medical and Wellness Programs," IHRSA International Conference & Expo, San Francisco, 2011.
- "Aging and Medical Wellness Training Outcomes for Success" International IHRSA Conference and Medical Wellness Forum, San Francisco, 2011.
- "The Future of Medical Wellness: Position for Profit," AFIRM Fitness Showcase, Atlanta, 2011.
- "Leading and Winning with Medical Wellness Programs," The Medical Wellness Forum, San Diego, 2010..
- "Join the Wellness Conversation: Support City, Worksite & Employee Wellness Initiatives, Mayors Fitness Council and SUSL Executive Board Retreat," Minute Maid, Sugar Land, 2010.
- "Executive Roundtable; Medical and Wellness Programs," IHRSA International Conference, San Diego, 2010.
- "Traditional and Alternative Approaches to Medical Care for Optimal Health," Wellness Conference, Houston, 2010.
- "Worksite Employee Wellness and Benefit Programs," Houston Wellness Association Conference, Houston, 2010.
- "Integrating Medical Wellness: Nutrition, Weight Management, and Exercise, The Academic and Scientific Program for the American Academy of Anti-Aging Medicine, Las Vegas, 2009.
- "Trends in Wellness, Medicine and Health Promotion," Medical Wellness Symposium Forum, 2007, 2008, 2009.
- "Developing Employee Health and Wellness Programs, Procter and Gamble, Manila & Hong Kong , 2007-2009.
- "Medical Wellness Outcomes" International IHRSA Conference and Medical Wellness Forum, San Francisco, 2009.
- "Integration of Medical Services at the Worksite," Wellness Symposium, Wellness Association, Houston, 2008.
- "Leading the Integration of Medicine and Wellness," IHRSA and Medical Wellness Forum, Las Vegas, 2008.
- "Trends and Opportunities in Wellness," IHRSA and Medical Wellness Forum, Las Vegas, 2007.
- "International Medical Wellness Programs and Research, Corporate Training, Procter and Gamble, Manila, 2007.
- "Health Care Trends for Medical Wellness," National Health Wellness and Prevention Congress, Las Vegas, 2007.
- "Future Trends in Medical Wellness," National Health Wellness and Prevention Congress, Washington DC, 2006.
- "Opportunities and Trends in Wellness," Medical Wellness Summit, Washington DC, 2006.
- "Worksite Stress Hardiness," Procter and Gamble, European Headquarters, Geneva, 2006
- "Developing and Designing New Medical Wellness Centers," Medical Wellness Summit, Chicago, 2005.
- "The Future and Vision of Medical Wellness," Medical Wellness Summit, Chicago, 2004.
- "Balanced Clinical Programming and Integration of Health Wellness Services,"* Medical Fitness Association Conference, Chicago, 2003.
- "Investment Strategies for Physicians & Hospital Administration,"* Medical Fitness Conference, Chicago, 2003.
- "Medical Wellness Program Guidelines," American Health Promotion Conference, AJHP, Washington, D.C., 2003.
- "Wellness Initiatives and Health Risks, Corporate Health Symposium,"* P&G Polska, Warsaw, 2003.
- "Health Risk Management, Corporate Health Symposium,"* P&G Polska, Warsaw, 2002.
- "Developing Wellness Initiatives and Programs,"* Health and Hospital Affiliate Symposium, Houston, 2001.
- "The History and Future of Medical Fitness and Wellness,"* Medical Fitness Conference, New Orleans, 2000.
- "Future Trends in Wellness and Health Promotion,"* AWHP National Conference, Orlando, 2000.
- "University Wellness Programs and Opportunities,"* HBU Campus Orientation, Houston, 1999.
- "Developing a Wellness Program for the Hospital/Corporation,"* Cub Industry Conference, Chicago, 1997.
- "Relaxation for Stress Management,"* AJHP Conference, Colorado Springs, 1996.
- "Developing In-house Health/Fitness Programs,"* Club Industry Conference, Chicago, 1995.
- "Lifestyle, Employee Health Series,"* P&G Morocco, Casablanca, 1994.
- "Trends in Healthcare,"* Club Industry Conference, Chicago, 1993.
- "Business Trends in Worksite Health and Wellness,"* AWHP National Conference, New Orleans, 1993.
- "Targeted Health Risk Management,"* AJHP Conference, San Diego, 1992.
- "Medical Cost Savings by Fitness Center Participants,"* National Wellness Conference, Stevens Point, 1992.
- "Health Risk Management,"* Wellness in the Workplace, Long Beach, 1992.
- "Aging and Exercise,"* Health Matters, WKRC-TV, Cincinnati, 1992.
- "The Future of Corporate Fitness,"* Club Industry Conference, Chicago, 1991.
- "Marketing the Unfit Employee,"* Association for Fitness in Business, National Conference, Phoenix, 1991.
- "Employee Wellness Programs,"* Society of Human Resource Management, Cincinnati, 1991.
- "Health Cost Effectiveness,"* Coors Health Action Conference and Symposium, Denver, 1991.
- "Marketing: The Sizzle in Corporate Health Promotion Programs,"* Club Industry Conference, Chicago, 1990.
- "Strategies for Broadening Health Careers,"* Association for Fitness in Business National Conference, Orlando, 1990.
- "Marketing the Unfit/At-Risk Population,"* Wellness in the Workplace Conference, Baltimore, 1990.
- "Soar with -GE Aircraft Engines Wellness Programs,"* Wellness in the Workplace Conference, Baltimore, 1990.
- "Designing Corporate Fitness Programs: Benefits and Accountability,"* National Occupational Health Conference, Indianapolis, 1990.
- "Analysis of Computer Wellness Systems,"* Association for Fitness in Business, National Conference, Phoenix, 1989.
- "Evaluation of Information Management Systems,"* Association of Fitness in Business Conference, Indianapolis, 1989.
- "Stress Reduction,"* Association for Fitness in Business Conference, Atlanta, 1987.
- "Health Fitness Programming for Profit Centers,"* Association for Fitness in Business Seminar, New Orleans, 1987.
- "The Wellness Movement,"* Travel International Symposium, New Orleans, 1986.

*"Cardiovascular Health Programs," P&G Corporate Health Symposium, Procter and Gamble, 1985.*  
*"Back Care and Prevention," P&G Corporate Health Symposium, Procter and Gamble, 1984.*  
*"Rehabilitation Methods Using Strength Training Programs," Nautilus Strength Showcase, Cincinnati, 1984.*  
*"Stress Management for Employees," GE Health Symposium, General Electric, Cincinnati, 1983.*  
*"The Who, What and Why of Wellness," AAHPERD National Convention, Minneapolis, 1983.*  
*"What is Physical Fitness and Wellness?" U. S. Army Training, Detroit, 1983.*  
*"A Holistic Approach to Physical Education," East/West University Proceedings, Columbus, 1983.*  
*"Yoga: A Holistic Approach to Physical Education," AAHPERD National Convention, Houston, 1982.*  
*"Health Enhancement and Wellness," Special TV Documentary, Channel 12, Flint-Detroit, 1982.*  
*"Health/Fitness Workshop," US Air Force, Ramstein & "Exercise for Health," Landstuhl, Germany, 1979.*  
*"Health and Physical Fitness and the Elderly," Health Symposium-Miami University, Oxford, 1978.*

## **PROFESSIONAL HONORS AND AWARDS**

Distinguished Professional Service Award, The Medical Wellness Association, 2007-2008  
Honorary Diplomat Status, Medical Wellness Association, 2004  
ACW Fellow Status, American College of Wellness, 2003  
Elected Chair Leader, New Health Education Standards, College of Mount St. Joseph, 1997-1998.  
Who's Who in American Education, 1997-1999  
First Distinguished Alumni Award, Miami University, 1994  
National Wellness Institute, Research Merit Award, 1992  
AWHP Distinguished Service Honor and Professional Business and Industry Award, 1992  
AFB Professional Business and Industry Award, 1991  
Allied Professions Achievement Award, Education, 1992 & Who's Who in American Education, 1990-1992  
Health Action Award for Best Wellness Program, Kelly Publications, Bethesda and GE Aircraft Engines, 1990  
FAFB Fellow Status, Association of Fitness for Business, 1990.  
National Liaison, National Governor's Association of Physical Fitness and Sports, 1989-1992  
YMCA Award of Excellence, Physical Education Society, 1985  
Honorary Physical Fitness Merit Award, 1984  
YMCA Senior Director Professional Development, 1984  
Graduate Student Award, The Ohio State University, 1981-1982.  
Honor Society of Phi Kappa Phi, The Ohio State University, 1980-1982  
Scholar Athlete of the Year & Varsity "M" Club, Miami University, 1973-1975

## **PROFESSIONAL LEADERSHIP AND ASSOCIATIONS**

Medical Wellness Association and Medical Wellness Alliance  
Consumer Fitness Association  
American College of Healthcare Executives  
American Holistic Health Association  
American Association for Health Education  
American Association of Integrative Medicine  
American College of Sports Medicine  
Executive Board Member for the American College of Wellness  
Alliance of Health and Physical Education  
Executive Board Member for Shape Up Sugar Land, City Mayor's Fitness & Wellness Council  
Board Member, Independent Health Club Networking Association  
International Association of Worksite Health Promotion

Association of Humanistic Psychology  
International Health and Racquet Sports Association  
Anti-Aging Training Certification  
Houston Wellness Association, UTMB Health Consortium and Well City Well Workplace  
Greater Houston Senior Executive Group, Greater Houston Chapter – ACHE  
Texas Licensed MT Instructor Trainer and American Association of Massage Therapists  
Chamber of Commerce, Fort Bend and Harris County

## **FACULTY ADMINISTRATION AND TEACHING POSITIONS**

University of Houston: Adjunct Professor, Department of Health and Human Performance, 2004– 2005  
Houston Baptist University: Adjunct Professor, Education and Behavioral Sciences, 2003 – 2005  
Houston Baptist University: Chairman, University Wellness Advisory Board, 1999 – 2002  
College of Mt. Saint Joseph: Associate Professor and Department Chairman, 1995 – 1999  
Xavier University: Adjunct Professor, 1994 – 1998  
Northern Kentucky University: Assistant Professor, 1995 – 1997  
University of Cincinnati: Adjunct Professor, 1993 – 1995  
Tulane University: Assistant Professor, 1986 – 1988  
University of Cincinnati: Adjunct Professor, 1983 – 1984  
University of Michigan: Adjunct Professor, 1982 – 1983  
The Ohio State University: Instructor and Associate, 1979 – 1982  
Miami University: Instructor and Graduate Teaching Associate, 1977 – 1978

## **UNIVERSITY CURRICULUM AND CORPORATE TRAINING DEVELOPMENT**

Stress Hardiness and Management Training, Procter and Gamble, Manila and Hong Kong, 2007-2009  
Employee Health and Wellness Programs, Procter and Gamble, Manila, 2007-2009.  
Employee Health and Wellness, Procter and Gamble, Corporate European Headquarters, Geneva, 2006  
Worksite Stress Hardiness Procter and Gamble, Corporate European Headquarters, Geneva, 2006  
Employee Health Risk Management Procter and Gamble, East European Headquarters, Warsaw, 2004  
Wellness Management, Houston Baptist University, 2004  
Health Promotion and Wellness Research Methods, Houston Baptist University, 2003  
Wellness Assessments and Health Risk Management, College of Mt. Saint Joseph, 1998  
Health Promotion Program Management, University of Cincinnati, 1994  
Health Management, Xavier University, 1994  
Health Action Internship and Research Program, 1991  
Sport Management, Tulane University, 1988  
Fitness Management, University of Cincinnati, 1985  
Personal Wellness Concepts, University of Michigan, 1983  
Stress Management and Relaxation Seminar, Ohio State University, 1982  
Eastern Movement Arts and Yoga Seminar, Ohio State University, 1981  
Cycle Touring in Florida, Ohio State University, 1981-1982  
Canoeing and Backpacking, Miami University, 1978  
Yoga Health and Fitness, Miami University, 1978

## **UNIVERSITY AND GRADUATE INSTRUCTION**

Wellness Management and Administration  
Health and Wellness Program Strategies  
Health Promotion Program Administration  
Health Education  
Wellness for Special Populations  
Sport and Athletic Administration and Management  
Health and Fitness Management  
Comprehensive School Health and Human Sexuality  
Health and Wellness Research  
Organization and Administration of Physical Education, Fitness and Athletics\*  
Adolescent Health Issues  
Personal Health and Wellness Concepts  
Relaxation and Stress Management  
Kinesiology, Foundations of Kinesiology  
Human Anatomy  
Exercise Physiology and Clinical Lab  
Research Techniques, Measurements and Evaluation Methods  
Senior Research Seminar, Elementary Physical Education  
Sport and Fitness Management  
Sport Psychology and Psychology of the Body  
Sport Sociology and Athletic-Sports in Society  
Principles of Physical Fitness and Conditioning Activities  
Lifetime Fitness and Recreation Activities  
Lifestyle Management  
Adapted Health and Physical Education  
Swimming Conditioning and Water Exercise  
Beginning Tennis, Badminton and Paddleball  
Racquetball, Bi-racquet, Handball and Squash Platform Tennis  
Beginning Soccer and Coaching Soccer  
Principals of Coaching  
Coaching and Instructional Basketball  
Coaching the Young Athlete  
Coaching Football, Touch and Flag Football  
Coaching and Instructional Baseball and Softball  
Aerobics, Jogging and Circuit Training Diet, Exercise and Conditioning  
Nautilus and Weight Training/Stretch and Strengthen  
Seminar on Yoga and Eastern Movement Arts  
Yoga Fitness, Hatha Yoga Beginner and Intermediate Levels  
Movement Awareness  
Introductory Program of Outdoor Pursuits  
Recreational Hiking, Canoeing and Backpacking  
Beginning Cycling I and Cycling Touring II  
Beginning Golf and Golf Conditioning  
Professional Internship and Site Supervision

**\*Graduate and Undergraduate Levels**