

Worksite Wellness Internship Opportunity

Wellness Works – Department of Kinesiology (Iowa State University)

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Wellness Works is a Department of Kinesiology outreach program that is designed to assist companies in providing and sustaining worksite wellness programming for their employees. Programming is coordinated within the Physical Activity and Health Promotion Lab and is linked to a Department of Kinesiology course (HS 380) to enable mutually beneficial service-learning opportunities.



The Wellness Works outreach program utilizes various tools and resources and programs to support worksites. Programming varies over time but a specific and intentional focus is on the adaptation and delivery of the evidence-based ‘Walk with Ease’ intervention through worksite settings. Additional resources are available through a powerful suite of software from **BSDI** called the ‘Motivational Alliance’. See the website for updates on specific details on current programming (www.wellnessworksISU.org).



The Wellness Works internship is available for students interested in gaining experience and skills in worksite wellness programming. Student interns gain direct and practical experience in planning, promoting and managing worksite wellness programming. Specific duties of this internship may include:

- Promoting and marketing worksite and community wellness programming
- Managing health promotion software and tools for individuals or worksites
- Testing and piloting software tools and web apps for behavior change applications
- Developing worksite wellness communications (e.g. newsletters / flyers)
- Coordinating and managing social media channels and integrated websites
- Managing worksite wellness programming such as *Walk with Ease in the Worksite*

Priority is given to students in the Physical Activity and Health Promotion Option in Kinesiology since programming builds from applied coursework in this option. Stipends are not currently available but student interns would have flexible work schedules and the ability to work on campus. Students interested in this opportunity should contact Dr. Greg Welk at gwelk@iastate.edu.