

# 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 provides wellness programming support to local worksites through mutually beneficial service learning / internship programming (see [www.wellnessworks.iastate.edu](http://www.wellnessworks.iastate.edu)). Programming is managed by a team of faculty, staff and Ph.D. students who provide training and supervision of undergraduate students that express interest in these supplemental opportunities. Formalized agreements are established with specific worksites and



The Wellness Works program has launched new services based on a powerful suite of software from **BSDI** called the 'Motivational Alliance'. Internships are available for students interested in contributing to the Wellness Works team to gain experience and skills in worksite wellness programming. Students would work directly with the BSDI software and the Motivational Alliance platform to assist employees in partner worksites to adopt and maintain healthy lifestyles. Specific duties of this internship may include:



- Planning worksite wellness challenges
- Promoting and marketing worksite wellness programming
- Providing educational workshops
- Planning and coordinating health fairs
- Leading physical activity classes or yoga classes (if trained)
- Providing personal training or health coaching (if trained)

Stipends are not currently available but efforts will be made to facilitate and support applications for college funding allocations. Students interested in this opportunity should contact Dr. Greg Welk at [gwelk@iastate.edu](mailto:gwelk@iastate.edu). Additional information about the programming is available at [www.wellnessworks.iastate.edu](http://www.wellnessworks.iastate.edu).