

STL JA Wellness Center Fitness Specialist

You are responsible for assisting clients with a moderate workout activity and educating clients on the importance of physical activity.

DURING BUSINESS START-UP, COMPLETE THE FOLLOWING.

1. Remain in your business until the Opening Town Meeting to help with business start-up. Your business needs everyone's help before it opens.
2. Attend the meeting with the adult volunteer and other employees of the **STL JA Wellness Center** as you learn how to operate the equipment and fulfill your responsibilities.
3. Become familiar with the stationary pedal bicycle.

DURING THE FIRST WORK/BREAK ROTATION (AFTER THE NATIONAL ANTHEM) COMPLETE THE FOLLOWING.

1. Educate clients on the importance of physical activity. A laminated sheet is in the back of your job manual.
2. Instruct clients on how to use the stationary pedal bicycle.
3. Assist clients with their moderate workout activity using the pedal bike.
4. Carefully monitor the client's progress during all activities.
5. Familiarize yourself with the Youth Nutritionist manual to cover for them if necessary.

OTHER TASKS DURING THE DAY TO BE COMPLETED:

1. Continue to assist and monitor clients throughout the day.
2. Deliver the award certificate to the client who had the highest burned calorie count during their pedal activity.

END OF DAY

1. Please make sure all exercise equipment is put back in the proper area.
2. Assist with business clean up. Recycle all paper into the **blue** recycle bin.

Congratulations on a job well done!