

MARYBETH PAPPAS BAUN

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EDUCATION

Rutgers University, New Brunswick, NJ. Bachelor of Arts, 1979

Double major: Psychology and Journalism / Urban Communications.

University of Vermont, Burlington, VT. Master of Education, emphasis on Health Promotion, 1995

Recent Advances in Exercise, Nutrition & Weight Control, Introduction to Sports Medicine, Adaptive Physical Education, Independent Study: The kinesiology of water workouts, Developing a Specialty in Health Promotion, Health Psychology, Quantitative Research Methods, and several foundations courses

Master's Research & Thesis. Subject: Factors related to successful health behavior change in corporate environments. Title: *Health Promotion, Environment, and Social Cognitive Perception: A study of the relationships among self-efficacy, corporate culture, and health behavior change*

EXPERIENCE

AQUATIC PERSONAL TRAINING AND AQUATIC GROUP EXERCISE INSTRUCTOR

Houston, TX

The Houstonian Club

6/2008 to Present

Design, choreograph, market, and lead aquatic group exercise and personal training.

TRAINER AND CONSULTANT, TRANSFORMATIVE (FITNESS) BREAKS AT THE WORKSITE

Houston, TX

The University of Texas, Center for Health Promotion and Research

10/2004 to Present

Design, choreograph and lead worksite group fitness facilitator training, called "Booster Break," for randomized trial researching fitness breaks at work; train leaders/facilitator to lead daily choreographed fitness program; write training manuals; create training curriculum and schedules; coordinate training.

WORKSITE WELLNESS CONSULTANT, MASTER WELLNESS COACH, & TRAINER

Houston, TX, Burlington, VT and Morristown, NJ

Baun Associates / Wellness-Without-Walls (previously American Health & Fitness) 9/1982 – Present

Provide wellness coaching and personal fitness training for individuals, families, groups and worksites. Design and lead training on wellness coaching for health, wellness and fitness professionals. Create innovative, strategically planned worksite health promotion programs. Create and teach workshops, courses, seminars. Design and implement assessments, strategic planning, program mix, tailored and packaged program design. Work with others to plan and implement awareness, knowledge and skill building, behavior change, supportive environment for general wellness, fitness & physical activity, nutrition & healthy eating, stress management & resiliency, smoking cessation & prevention, parenting, self-care/healthy consumer, healthy back, cardiovascular health, diabetes management, injury prevention and more. Write research update summaries. Write and publish wellness and fitness articles and books.

BEHAVIORAL SCIENCE SENIOR RESEARCH COORDINATOR, Houston, TX

The University of Texas M. D. Anderson Cancer Center, Cancer Prevention Division 1/2002 – 4/2004

Tobacco Research and Treatment Program: Coordinate, plan, develop processes and curriculum, and implement tobacco cessation research and treatment. Chaired system-wide Coordinated Tobacco Intervention Group. Founded Behavioral Science Project Directors Association.

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HEALTH EDUCATION COORDINATOR, Williston, VT / Latham, NY

Kaiser Permanente Northeast – Prevention-oriented HMO

1996 – 1999

Create and deliver health promotion systems in clinical, community and population-based settings. Enhance clinical prevention norms & practices by integrating department strategies. Integrate health promotion and wellness coaching with clinical training, quality management, sales, and regional management. Teach wellness coaching for nurses, nutritionists, psychologists and physicians. Coordinate health education delivery at 15 health centers. Develop, create and evaluate curricula, articles, brochures, calendars, displays, posters, manuals, bulletin boards and other promotional materials. Provide worksite health promotion to 30+ companies. Edit Wellness Communicator worksite health promotion newsletter.

HEALTH AND FITNESS ADMINISTRATOR, Vergennes, VT

BF Goodrich Aerospace

1993 – 1996

Manage health promotion and fitness programs for manufacturing corporation staff, families and retirees. Lead group fitness and personal fitness training program and teach fitness and wellness classes. Conduct assessment, planning, promotion, implementation, benchmarking and evaluation processes. Create incentive, skill building, motivation and recognition programs. Focus on strategic system of innovative programming to initiate and support healthy lifestyle and culture change: physical activity, healthy eating, stress management, tobacco cessation and prevention, healthy back, and injury prevention and management. Research, design, equip and market 4,200 sq. ft. corporate fitness/wellness center. Signed on 350 members during first week of operation. Work with others to build community support.

PUBLIC RELATIONS AND ADVERTISING COORDINATOR

1979-1985

Weichert Realtors, Morristown, NJ (1981-1985) Hired and supervised 15 regional coordinators.

Coordinated community projects in 4 states. **Started Weichert's Employee Fitness/Wellness program.**

Max E. Spann Realtors, Bernardsville, NJ (1980-1981)

Morris County Employment & Training Administration, Morristown, NJ (1979-1980)

PROFESSIONAL CERTIFICATIONS

2009 National Wellness Institute - Certified Wellness Professional

1995 NASM (National Academy of Sports Medicine) – Personal Fitness Trainer

1991 National Arthritis Foundation – Certified Aquatic Instructor

1990 AEA Aquatic Exercise Association – Aquatic Exercise Instructor

1988 ACSM (American College of Sports Medicine) – Health & Fitness Instructor

1988 ACE (American Council on Exercise) – Group Exercise Instructor

1986 AFAA (Aerobics and Fitness Association of America) – Group Exercise Instructor

1983 American Red Cross/American Heart Association - Certified in CPR

PROFESSIONAL MEMBERSHIPS

National Wellness Institute

American College of Sports Medicine

Houston Wellness Association

Aquatic Exercise Association

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COMMUNITY WORK

CANDO

Volunteer for CANDO Children and Neighbors Defeating Obesity
Lead and deliver fitness and wellness programming for faculty and students

October 2008-present

Houston Wellness Association

Volunteer instructor for Worksite Wellness Conference

2006-present

National Wellness Institute

Write articles, teach and mentor for internationally active wellness institute

1997 to present

Congresso Brasileiro de Qualidade de Vida

Presenter and trainer for Brazil international conference on quality of life, i.e., training intensive on wellness coaching

November 2008

Marathon Kids

Volunteer and advocate for highly effective 6-month health behavior sustainable change program for physical fitness, nutrition, and healthy school gardens

2005 to present

Mayor's Wellness Council

Volunteer contributor to developing committees, activities and communications to enhance growth and effectiveness of the fitness and wellness built environment and community outreach advanced by the council

2007 to present

HONORS & ACHIEVEMENTS

- 2008** Inducted into the Service and Leadership Circle, National Wellness Institute
- 2008** Author of Human Kinetics second edition, Fantastic Water Workouts: Proven exercises and routines for toning, fitness and health, a manual /guidebook containing 130 exercises illustrated by under/over water photography
- 2002-05** Chair, University of Texas M. D. Anderson Cancer Center *Coordinated Tobacco Intervention Group*, tasked with facilitating a coordinated model that integrates institutional and community tobacco cessation, prevention and advocacy
- 2004** Coordinated *Houston Communities for Safe Indoor Air* Citywide Summit; launched community action and grassroots development strategy for comprehensive policy to protect Houstonians from secondhand smoke
- 2000** Conducted qualitative study on Cultural Competency in Health Care for VT Area Health Education Centers (AHEC)
- 1996-01** Served on *Coalition for Tobacco Free Vermont*. Contributed to development of strategic plan, policy development and legislative development (tobacco tax increase), Outreach Committee
- 1997-01** Served on steering committee for *Vermont Prevention Institute*, an integrated network of professionals from state government, health care and health promotion organizations
- 1998-99** Appointed Northeast designate to Kaiser Permanente *Interregional Smoking Task Force* for development of national comprehensive tobacco cessation best practice standards
- 1998** Received First Place National Award in Youth/Adolescent *Tobacco Control Initiatives Managed Care Achievements in Tobacco Control Awards Program*

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1997 Selected for professional review team, Wellness Mentor Training, Human Resources Institute

1998-99 Chair, National Employee Health & Fitness Day Committee, Vermont

1995-98 Chair, Worksite Wellness Awards Committee, Governor's Council on Physical Fitness & Sports

1993-99 Appointed to Vermont Governor's Council on Physical Fitness & Sports by Gov. Howard Dean

1993+ Authored Fantastic Water Workouts published by Human Kinetics, translated into 3 languages

1991 Named project leader of consulting team for Dartmouth-Hitchcock Medical Center, Cardiology Division, to conduct extensive Wellness Center feasibility and planning study

COMPUTER SKILLS

Extensive experience in Microsoft Office (Word, PowerPoint, Publisher, Excel, Outlook, Explorer) and conducting Internet research. Capability in Microsoft Project Manager, FrontPage, Visio, Lotus Notes.