

## Reed J. Engel

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### PROFESSIONAL

#### EXPERIENCE: **Director, Wellness Strategies, 2004-Present**

Mather LifeWays Institute on Aging, Evanston, Illinois:

- Worksite wellness initiatives: Building program and culture for 500+ employees in 10 locations, including Chicago and Tucson. Project includes comprehensive assessment process, integration with marketing and human resource benefit/incentive plans, program implementation and evaluation.
- Fall prevention tool-kit: Project includes creating exercise module, pilot testing and implementation in continuing care retirement and active adult communities.
- Health risk and wellness assessment: Project includes conducting resident and staff focus groups, creating and modifying senior health and wellness evaluation instruments for individual and organizational program development.
- Health and wellness education programs: Project includes planning and delivering a variety of health related topics to staff, residents, and public via presentations, publications, workshops, and special events.

#### **Peace Corps Volunteer, Ministry of Health, 2002-2004**

United States Peace Corps, Republic of Kiribati:

- Designed and built the country's first youth health and wellness facility
- Successfully wrote technology grant for HIV/AIDS department
- Drafted national food safety legislation for submission to Parliament
- Assisted Red Cross with strategic planning and fundraising
- Coached National (Long Distance) Track Team
- Co-coordinated Pre-school program development
- Tutored local aspiring professionals in resume writing and computer use

#### **Director, Corporate Fitness Management, 1992-2002**

The National Institute for Fitness and Sport, Indianapolis, Indiana:

- Responsible for (800%) business growth and expansion into seven states
- Consulted with clients regarding on-site health and fitness programs, including needs assessment and facility design
- Oversaw daily operations and managed departmental budgets
- Coordinated hiring, training, certification, continuing education, and evaluation of 50 staff
- Supervised development, promotion, implementation, and evaluation of health education and wellness services, including awareness, screening, education, and behavior modification programs
- Managed the Institute's Group Fitness Services (Aerobics Company, featuring aerobics, yoga, kickboxing, etc.)

**Project Manager**, AUL Tower Center, 1990-1992

The National Institute for Fitness and Sport, Indianapolis, Indiana:

- Started-up new, state-of-the-art corporate wellness facility (responsible for equipment layout, vendor selection, emergency procedures, and establishment of protocols and policies)
- Hired, trained and supervised seven staff
- Oversaw daily operations: equipment and facility maintenance, exercise classes, advisory board, and recognition programs
- Marketed programs and services to employees and building tenants
- Coordinated health promotion programming: screenings, testing, consultations, newsletters, incentives, healthfair, and brown bag seminars

**Program Manager**, Physical Performance Center, 1987-1990

Saint Francis Hospital, Tulsa, Oklahoma:

- Oversaw daily operations of 10K sq. ft. corporate health facility, including equipment, programs, pro shop, nutrition bar, spas
- Supervised exercise and clerical staff
- Prepared annual budget, monthly statements and reports, and marketing plan
- Coordinated member activities, including motivation, conditioning, and educational programs, racquetball tournaments, newsletter, running club, and member advisory board

RELATED  
ACTIVITIES:

National Council on the Aging – Health Promotion Institute Delegate Council Member

Greater Chicago Health Network – Co-founder of local professional group designed to share best practices, network and stimulate idea generation

American College of Sports Medicine – Health/Fitness Instructor Workshop Lecturer, Certification Practicum Examiner, International Conference Speaker, Co-leader of Worksite Health Special Interest Group

American Heart Association – Worksite Health Chair, Heartwalk Organizing Committee, Heart-At-Work Conference Co-Chair, and Fundraiser

Association for Worksite Health Promotion – Fellow, Regional President, Indiana State Representative, National Conference Planning Committee Member

American Red Cross – Strategic Planning and Fundraising (Republic of Kiribati), Disaster Relief Volunteer (St. Louis Flood, Los Alamos Fire, Indianapolis mock plane disaster)

Indianapolis Alliance for Health Promotion – Employee Health Division Chair

Multiple Sclerosis Society – Super Cities Walk Planning Committee Member

American Cancer Society – Business/Industry Committee Member

EDUCATION: Doctor of Philosophy (in progress), Health Promotion, Purdue University (West Lafayette, IN), GPA=3.9, Graduation: Projected 8/09

Master of Arts, Exercise Science and Health Education, Miami University (Oxford, OH), GPA=4.0, Graduation: 8/86

Master of Arts, Economics, Miami University (Oxford, OH), GPA=3.2, Graduation: 8/85

Bachelor of Arts, Economics, Miami University (Oxford, OH), GPA=3.4, Graduation: 5/83 (Dean's List: 1981-1983)

CERTIFICATION: American College of Sports Medicine:

- Health/Fitness Director (10/93)
- Health/Fitness Instructor (7/90)
- Exercise Test Technologist (8/88)

American Cancer Society:

- Fresh Start Smoking Cessation Facilitator (2/93)

Young Men's Christian Association:

- Fitness Leader (7/87)