

E. Andrew Wood, PT, MS

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Career Objective

To develop, manage and evaluate health promotion, wellness, and occupational health and safety programs in the corporate and industrial settings, incorporating my skills as a Health Promotion Specialist, Wellness Coach, Exercise Physiologist, Ergonomist and Physical Therapist.

Education

1983 – University of Minnesota, Minneapolis, MN; M.S. in Physical Therapy with Major in Exercise Physiology

Thesis: A Comparison of Two Exercise Test Protocols for the Bicycle Ergometer

1981 – Delta-Montrose Vocational Technical College, Montrose, CO; Emergency Medical Technician

1979 – Mayo Clinic School of Health Sciences, Rochester, MN; Physical Therapy Certificate

1977 – Hamline University, St. Paul, MN; B.A. Biology (Cum Laude)

Specialization Training and Certification

2007 – Certified Behavior Based Ergonomic Specialist, ISR Institute

2007 – Real Balance Global Wellness Services: Wellness Coach

1989 – University of Michigan, Ann Arbor, MI; Occupational Ergonomics

1989 – University of Minnesota, Minneapolis, MN; Occupational Health and Safety

1988 – University of Minnesota, Minneapolis, MN; Industrial Hygiene Engineering

1988 – University of Minnesota, Minneapolis, MN; Human Factors Engineering Institute

1982 – American College of Sports Medicine, Indianapolis, IN; Exercise Technologies Certification

Professional Experience

January 2008 – present

Director of Ergonomics and Corporate Services
Muve Inc.; Minneapolis, MN

Develop corporate strategies for implementing activity based wellness programs using real time activity monitoring feedback devices along with one on one, online and telephonic wellness coaching.

December 1982 – January 2008

Manager of Ergonomics and Field Health Promotion
General Mills, Inc.; Minneapolis, MN

Developed and managed ergonomic and musculoskeletal injury prevention programs internationally for industrial worksites and offices. Developed shiftwork management integrated with wellness programs for manufacturing facilities. Initiated and managed health promotion programs for corporate headquarters, field sales and manufacturing plants. Implemented health risk appraisal programs for marketing, sales and manufacturing, utilizing wireless technologies for health risk data acquisition and instantaneous analysis. Designed, managed and provided staffing of onsite fitness centers at corporate headquarters and more than ten manufacturing plants. Managed the provision of onsite physical therapy services for employees.

November 1979 – December 1981

Physical Therapist
Montrose Memorial Hospital; Montrose, CO

May – November 1979

Staff Physical Therapist
Mayo Clinic, Rochester, MN

Summers 1976 and 1977

Laboratory assistant
Biodynamics Research Unit; Mayo Clinic, Rochester, MN

Summers 1972 and 1975

Laboratory assistant
Cardiac Catheterization Unit; Latter Day Saints Hospital, Salt Lake City, UT

Summer 1974

Water Front Director and Counselor
YMCA Camp Olson, Longville, MN

January – June 1973

Laboratory assistant preparing laboratory and patients for cardiac catheterization,
dye curve analysis and stress EKGs
Cardiac Catheterization Laboratory; Universitäts Klinik; Münster, Germany

Foreign Language

Fluent in spoken and written German.

Publications

Wood EA: The Basics of Worksite Health Promotion. Network 3(3); 1986.

Wood EA, Collins JJ, Halaney ME, Craig JL, and Olmstead GW: An Evaluation of the TriHealthalon Program After 1 Year at General Mills, Inc., in Opatz JP (ed): Health Promotion Evaluation: Measuring the Organization Impact. National Wellness Institute, University of Wisconsin-Stevens Point, 1987.

Wood EA, Olmstead GW, Craig JL: "An Evaluation of Lifestyle Risk Factors and Absenteeism After Two Years in a Worksite Health Promotion Program." American Journal of Health Promotion, 1989, 4:128-133.

Wood EA: "Getting Back to Good Health: Selecting Back Injury Prevention Programs." Health Action Managers, August, 1989.

Wood EA: "Lifestyle Risk Factors and Absenteeism Trends: A Six-Year Corporate Study." Worksite Health, Spring, 1997.

Wood EA: "Ergonomics in Flour Milling." Milling Journal, December, 1998.

National/International Presentations

November, 2008 "What Every Industrial Hygienist Should Know About Health Promotion." Industrial Hygiene Conference: Tampa, FL.

December, 2007 "Integration of Health and Wellness into Ergonomics Programs." National Ergonomics Conference: Las Vegas, NV.

May, 2007 "Successful Methods of Reducing Musculoskeletal Injuries: A General Mills Case Study." Eastern Ergonomics Conference: New York City, NY.

November, 2006 "The Health Number System, A New Innovation In Health Risk Appraisals." DSI Occupational Health Conference: Denver, CO.

- September, 2004 "Translating Corporate Strategy into e-Health Action." Mayo Clinic e-Health Package User Conference; Rochester, MN
- May, 1998 "Ergonomics in the Grain Milling Industry." Association of Operative Millers; Phoenix, AZ.
- June, 1997 "The Role of Health Promotion, Safety and Ergonomics in the Corporate and Industrial Settings." American Physical Therapy Association; San Diego, CA.
- June, 1995 "An Evaluation of Health Risk Factor and Days Ill After Two Years in a Corporate Fitness Center." World Confederation of Physical Therapy Congress; Washington, DC.
- July, 1992 "Incorporating Environmental Awareness Into a Corporate Health Promotion Program." National Wellness Conference; Stevens Point, WI.
- June, 1992 "An Evaluation of Lifestyle Risk Factors and Absenteeism After 6 Years in a Worksite Health Promotion." American Physical Therapy Association; Denver, CO.
- July, 1988 "An Evaluation of Lifestyle Risk Factors and Absenteeism After Two Years in a Worksite Health Promotion Program." National Wellness Conference; Stevens Point, WI.
- July, 1986 "A Comparison of Health Risk Factors, Health Care Costs and Absenteeism Rates in a Midwest Corporation After One Year Participation in a Health Promotion Program." International Sportsmedicine Conference; Glasgow, Scotland.
- September, 1985 "Health Care Cost Containment from the Viewpoint of Industry in the United States." Karalinska Institute; Stockholm, Sweden.
- June, 1984 "The Role of the Physical Therapist in the Development of Wellness Programs." American Physical Therapy Association; Las Vegas, NV.
- June, 1983 "A Comparison of Two Exercise Test Protocols for the Bicycle Ergometer." American Physical Therapy Association; Kansas City, MO.
- May, 1983 "A Comparison of Two Exercise Test Protocols for the Bicycle Ergometer." American College of Sports Medicine; Montreal, QC, Canada.

Honors/Awards

1997 Fellow, Association for Worksite Health Promotion

1988 Outstanding Research Award
National Wellness Institute; Stevens Point, WI

1972 –1973 Honorary Member of the Alsatia Fraternity
University of Münster; Münster, Germany.

Professional Memberships

1977 – present American College of Sports Medicine

1977 – present American Physical Therapy Association
1995-1998 Delegate to the APTA National House of Delegates

1977 – present Minnesota Chapter of the American Physical Therapy Association
1985 – 1991 Public Relations Committee
1989 – 1991 Committee Chair
1986 – 1987 Research Committee

2001 - present Human Factors and Ergonomics Society

1983 - present National Wellness Association

Recreation Honors/Awards

Cross Country Skiing:

1991, 1992, 1993, 1994, 1995, 1996, 1997, 2004, 2005, 2006, 2007, 2008 and 2009;
Top 25% of Age Group Award, American Berkebeiner 52 Kilometer Cross Country Ski
Marathon; Telemark, WI

1994, 1999, 2003 and 2004 3rd Place in Age Group
Mora Vasaloppet 35 Kilometer Cross Country Ski Race; Mora, MN

Swimming:

1990 – 1994 State Record for Men's 500 yard Freestyle
Minnesota Masters Swimming

1990 – present State Record for 800 yard Men and Women Mixed Freestyle Relay
Minnesota Masters Swimming

1975 All-American Swimmer Award
American Athletic Union

1974 and 1975 Roger Alman Swimming Award
Hamline University; St. Paul, MN

Volunteer Activities

Coach for the Rochester All City High School Cross Country Ski Team
Fitness and Flexibility Coach for 17 year old Girls Soccer Team, Cross Country Ski
Coach for Gear West Master's Ski Team and Assistant Leader for Junior Girl Scout
Troop.

Other Interests

Dog training, camping, fishing, cycling, parenting, cross country ski training and
competing, running, canoeing, hunting, scuba diving, antique auto mechanics and
travel.

References

Available upon request.