**About Me**

I am a Healthcare Provider specifically geared toward using kinesiology as medicine. My personal goal is to achieve wellness professionally by utilizing the techniques at which exercise interventions can physiologically reduce or reverse disease progression; all while educating and forming relationships with my patients along the way.

* I find importance in…
1. People and communicative skills.
2. Always finding ways to better the patient experience.
3. Consistently learning and keeping up to date on education.
* What I do:

Currently, I am working as a Certified Clinical Exercise Physiologist contingently at two Beaumont Hospital locations; Taylor and Royal Oak. I also spend my time running a personal Boat Maintenance Business during the summer seasons, and assistant-coaching Girls Junior Varsity Basketball at Trenton High School in the winter seasons.

* Experience:

Graduate from Grand Valley State University, where I have recently attained my Bachelor of Science in Clinical Exercise Science. I find importance in hands-on experience. I have gained much experience from a variety of fields, including but not limited to; numerous hospitals, outpatient therapy clinics, nursing homes, doctors' offices, and my family owned dealership.

* Exercise Program Experience:

Working in a cardiopulmonary rehabilitation facility, I developed a special skill developing exercise prescriptions for patients, in addition to assisting coworkers with new computer software systems. In order for each specific patient to reach graduation from our exercise prescription programs, they went through 3 month exercise protocols, where I demonstrated assessment and specific care to each patient, while implementing cardiopulmonary disease physiology. These prescriptions helped the patients to attain their clinical goals to lead happier and healthier lives. The software systems consisted of a plethora of programs that ran our secured patient information storage, electrocardiogram interpretations, and also medical billing.

All of these professional and volunteer experiences have provided excellent learning opportunities and knowledge working with a diverse group of populations. Additionally, providing me the skills necessary to respond in a calm and applicable manner during emergency situations. With vast experience in my field thus far, I am positively motivated to move forward and better the lives of others with a rewarding career in healthcare.