

Founded Spirited Balance, LLC to promote, teach and train evidence-based Fall Prevention Balance and Mobility programs to encourage and support healthy aging. Promoted activities and methods that transformed people's lives and encouraged functional independence. Professional, enthusiastic spirit with strong background in creating, formatting, and teaching. Knowledge and education to support clients to reach their wellness and physical goals. Created environment for all students to have fun, feel safe, inclusive, and welcome. Groups and private sessions.

Spirited Balance LLC, Los Angeles CA/Bend OR 2003-present

- Teach Fallproof™ Balance and Mobility
- Better Bones and Balance™
- In-home Therapeutic Pilates
- Adapt exercise programs to meet each client's needs and goals
- Coordinate with health care community
- United Health's, Co-produced and co-created Wellness Video - "Better Balance" for 6,000 Secure Horizon members
- Retained 95% of client base including individuals, professionals, corporations, and institutions
- Public speaking and workshops on healthy aging, wellness and fall prevention for numerous hospitals, institutions, and community centers
- Created and managed media, marketing, and website development

Balance Disorders Institute, Beverly Hills, CA 2004-2014

- Internship - Focus Fall Risk Reduction rehabilitation
- Taught Fallproof™ Balance and Mobility
- Balance Challenge™ to community groups
- PT Aide- Fall Prevention rehab
- Co-taught continuing education CEU classes to physical therapists
- Partnered with clinic owner to grow Fall Prevention client base

Lowes Hotel- State of the Heart Fitness™, Santa Monica, CA 2003-2014

Promoted and encouraged members and guests to utilize fitness center

- Designed and taught Johnny G® spinning
- Therapeutic Pilates- private clients

Golden Door Spa- Orange County, CA 2010

- Provided personal trainers on-site multidimensional approach to Fall Prevention Balance and Mobility
- Curriculum included individualized activities, progressive class formats and lesson plans to address proper form and safety for teaching balance, mobility and fall prevention to guests and members

University California Los Angeles, Los Angeles, CA 2008-2016

- Trained Recreational Therapist and Exercise Psychologist how to design and teach FallProof™ Balance and Mobility to individuals with Multiple Sclerosis
- Taught FallProof™ at the Marilyn Hilton MS Achievement Center
- Taught Free from Falls™ evidenced based program for those with Multiple Sclerosis
- Assisted clients with developing independence strategies living independently
- Set up teaching area for each class and returned all equipment to storage at the end of class

United American Indian Center, Los Angeles, CA

2003-2006

- Created and presented “Health is our Heritage” workshop to Native American community
- Created Fall Risk Reduction In-service program for Public Health Nurses, CEU approved
- Create and implemented Home Safety Program and Checklist for residents and staff

United Health Plan-Spectrum Health Clubs- Los Angeles County

2010

- Secure Horizon - Silver Sneakers group class - Audited and mentored Instructors in proper set up, teaching techniques, safety, flow of class and development of appropriate music compilation

Culver City Senior Center- Los Angeles, CA

2003-2014

- Taught trademarked program “Balance Challenge™” to groups of 10-40 students.
- Created music and exercise format for each class based on student’s ability and interest
- Created atmosphere for all students to be challenged, safe, accepted and encouraged

Education – Certifications - Training

- Bachelor of Science Degree, Program Planning and Development, Minor in Gerontology; The Union Institute, Santa Monica, CA
- California State University Long Beach, Graduate Program, Recreation/Leisure Studies, Long Beach, CA
- Certified Fallproof™ Balance and Mobility Specialist Instructor, California State University Fullerton, CA
- Certified Better Bones and Balance Instructor- Oregon State University, Eugene, OR
- Certified Pilates Movement Educator - Pilates Inspiration, Marie José Blom, Long Beach Dance Conditioning, Long Beach, CA
- Course work with Gil Hedley - Functional Fascia training & The Secret Life of Fascia
- Course work with Thomas Meyers - Body Reading 1-2 & Anatomy Trains in Training
- BIG and LOUD LVST Certified Trainer- Parkinson’s Disease, LSVT Global, Tucson AZ
- Associate Degree Recreation/Leisure Studies, Santa Monica City College, CA
- Matter of Balance, Lay Volunteer Leader - National Council on Aging, Santa Monica, CA
- Certified Yoga Instructor - Loyola Marymount University, Los Angeles, CA
- Certified Group Fitness Instructor- YMCA, Los Angeles, CA
- Healthcare Provider CPR/AED, Standard First Aide, American CPR Care Association
- Certified Johnny G Spinning Instructor, 2000 to present, Venice, CA
- Certified Ageless Grace Educator - Headquarters, North Carolina

Public Speaking, Teaching, Training

- United Health Plan - National
- Jewish Community Centers, Los Angeles, CA
- Westside Center for Active Aging, Santa Monica, CA
- St. John’s Hospital, Santa Monica, CA
- Numerous associations and centers throughout Los Angeles County, CA

Memberships

- Bend Bella Cycling Club
- Bend Pilates
- Juniper Recreation Center
- Recharge Sport/Recovery
- International Congress on Active Aging (ICAA)
- National Certified Care Managers

❖ References upon request