

CURRICULUM VITAE

Barbara Badolati, B.S.

EDUCATION

Eastern Michigan University, Ypsilanti, Michigan 1985

Bachelor of Science Degree, Arts and Health Science

Post Diploma Apprenticeship 1986

The Palms Health Resort, Palm Springs, California and *The Oaks Resort*, Ojai, California

CERTIFICATION

Wellcoaches, Licensed and Certified Wellness-Life Coach, Wellesley, Massachusetts, 2006 and current

Yoga Alliance, Registered Yoga Teacher 500 hours, Clinton, Maryland 2003 and current

Healing Lives, Louise Hay Teacher Training and Certification, San Diego, California 2001

NIA-Neuromuscular Integrative Action, White Belt Teachers Certification, Lansing, Michigan 1999

The Cooper Clinic for Aerobics Research, Health Promotion Director Certification, Dallas, Texas 1997

American Council on Exercise, Charlotte, North Carolina 1995-2009

Exercise Programming, Exercise Science, Instructional Technique, Professional Responsibility

Specialty Recognition for Mind Body Integration, and Personal Training

American Lung Association, Freedom From Smoking, Ashville, North Carolina 1994

Aerobic Instructor Leadership, Charlotte, North Carolina 1993

Safe and Effective Exercise, Exercise Prescription, Choreography, Cueing

American Red Cross and American Heart Association, CPR & AED, Grand Rapids, Michigan 1981-current

TRAINING

Body Conscious Method, *Mission Viejo*, California 2009

Wellspring Health Management Systems, *University of Oregon*, Chicago 2009

Promoting Physical Activity, *Community Action Plan* 1997

National Dance Exercise Instructor Training, *Special Populations, Strength/Resistance* 1997

Health Management Resource, *Weight Management* 1996

Worksite & Community Health Promotion, *Heart Health and Follow-up* 1996, *Physical Activity* 1998

American Red Cross, *Marriage License Counseling* 1995

Reebok University, *Step Training* 1992, *Slide Training* 1993

Dairy Council of Michigan, *Lifesteps for Weight Management* 1987

Healthline Center for Health Promotion, *Corporate Wellness* 1986

American College of Sports Medicine, *Anatomy, Physiology, Applied Biomechanics, Exercise Analysis* 1984

PROFESSIONAL MEMBERSHIP

National Wellness Institute (NWI) 1998-current

International Dance Exercise Association (IDEA) 1984-current

National Speakers Association (NSA) 2001-2004

American Massage Therapy Association (AMTA) 1993-1995

The Institute for the Advancement of Human Behavior (IAHB) 1988-1991

Wellness Councils of America (WELCOA) 1996-1997

PUBLICATIONS

Women's Lifestyle Northshore Edition *Monthly Column* 2005-present

Healing Garden Journal *Monthly Column* 2000-2004

Hackley Health Workplace *Wellness Monthly Newsletter* 1997-2000

Medifit *Hoechst Celanese Employee's Monthly Newsletter* 1996

Alive & Well, Positive Living Programs, Inc. *Instructor Training Manual, Monthly Newsletter* 1987-1992