

RESUME

Barbara Badolati
1644 Franklin Street
Grand Haven, Michigan 49417
(616) 850-8807-home / (616) 638-5625-cellular



EDUCATION

Eastern Michigan University, Ypsilanti, Michigan 1985 *Bachelor of Science Degree, Arts and Health Science*
Post Diploma Apprenticeship 1986
The Palms and The Oaks Health Resorts, Palm Springs, and Ojai, California

WORK EXPERIENCE

Professional Speaker, Alive & Well, LLC, *United States and Canada 1988-present*

Public speaker and workshop facilitator in topics related to: fitness, health promotion, weight management, stress management, communication, and the mind-body connection. Attendance varies from 12-200+ people when addressing groups in hospitals, corporations, community and educational institutions. Television host for *Today's Health*, Health & Harmony segment, 2002-03 and 2003-04 seasons.

Adjunct Professor, Muskegon Community College, *Muskegon, Michigan 2002-present*

Write curriculum and teach 30 contact hours of Yoga I as a physical education course. Curriculum includes study of postures, nutrition, meditation/relaxation, psychological and philosophical principals, and breathing.

Health Educator, Grand Rapids, Michigan 2001-2003

Provided education for Blue Care Network and its' members within Michigan's west region as it relates to the HEDIS standards. Duties were to increase prevention awareness with individuals in various settings.

Workplace Wellness Consultant, Muskegon, Michigan 1996-2000

Developed this position to provide Hackley Hospital worksites the resources, programs and services to initiate or expand a health promotion program in their company. This position required marketing this service to employers, designing and writing promotional pieces including a monthly newsletter, assessing company needs, activating wellness committees, developing operational plans and budgets, coordinating programs and screenings, providing educational sessions, and administering evaluations.

Founder/President of Alive & Well, Positive Living Programs, Inc., *Muskegon, Michigan 1987-1996*

This company provided a variety of health promotion programs to clients in the private and corporate sectors. Responsibilities included all of the fundamentals of business management: design and conception, creation and implementation of programs, advertising, bookkeeping, scheduling, communication, correspondence, and hiring and training of fitness instructors.

Health Promotion Consultant, Charlotte, North Carolina 1992-1994

Independent contractor for Mecklenburg County Health Department, Health Promotions Division. Duties included coordinating events, marketing department programs, providing fitness classes and wellness training programs, assisting support staff, and serving on related committees.

Program Director for The Corporate Body, Toronto, Canada 1986-1987

Designed and implemented fitness programs to the corporate and governmental sectors. Trained over 500 fitness instructors, and created and taught training programs for Humber College.

Instructor/Personal Health Coach, North Carolina, Michigan, California, and Canada 1977-present

Create and instruct programs in fitness, weight training, smoking cessation, yoga, nia, dance, wellness, and nutrition for adults, and activity programs for seniors and children.

CHRONOLOGICAL RESUME

Barbara Badolati
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- 1/80-9/84 Republic Airlines, which merged with Northwest Airlines in 1983
Reservationist
- 9/82-12/85 Eastern Michigan University, B.S.
- 9/82-present Hackley Health System, Muskegon, Michigan
Mecklenburg County Health Department, Charlotte, North Carolina
Alive & Well, Positive Living Programs, Inc., Grand Haven, Michigan
YMCA-Central, Charlotte, North Carolina
YWCA Clawson, Oakville, Michigan
Ann Arbor Recreation
Instructor of Fitness, Weight Training, Dance, Yoga, and Children's Activities
- 1/86-4/86 The Palms Health Resort, Palm Springs, California, Apprenticeship
- 4/86-6/86 The Oaks Health Resort, Ojai, California, Apprenticeship
- 7/86-7/87 The Corporate Body, Health Promotion Services, Toronto, Canada
Program Director/Instructor Trainer
- 8/87-2/91 Durham Apartment Building, Muskegon, Michigan
Residential Manager and Bookkeeper
- 6/88-9/89 Health Hutt, Muskegon, Michigan
Assistant Manager
- 8/87-5/92 Alive & Well, Positive Living Programs, Inc., Muskegon, Michigan
Founder and President
- 7/92-12/94 Mecklenburg County Health Department, Charlotte, North Carolina
Health Promotion Contractor/Educator
- 2/95-10/95 Ottawa County Health Department, Holland, Michigan
Public Health Dental Project Coordinator
- 12/95-12/96 Hackley Hospital, Muskegon, Michigan
Mercy Hospital, Muskegon, Michigan
Health Educator
- 1/97-7/00 Hackley Health System, Muskegon, Michigan
(layoff 7/00) *Workplace Wellness Consultant*
- 9/95-present Alive & Well, Grand Haven, Michigan
Professional Speaker, Workshop Leader and Yoga/Dance Alive Instructor
- 7/00-7/03 Blue Care Network, Grand Rapids, Michigan
Health Educator
- 1/02-present Muskegon Community College, Muskegon, Michigan
Adjunct Professor

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

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

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

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

American Council on Exercise, Charlotte, North Carolina 1995-2001
Exercise Programming, Exercise Science, Instructional Technique, Professional Responsibility
Specialty Recognition for Mind Body Integration, Muskegon, Michigan 1998

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

Aerobic Instructor Leadership, Charlotte, North Carolina 1993
Safe and Effective Exercise, Exercise Prescription, Choreography, Cueing

American Red Cross, Grand Rapids, Michigan
Adult CPR 1981-2001

TRAINING

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) 1998-2001

National Speakers Association (NSA) 2001

International Dance Exercise Association (IDEA) 1984-2001

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

Healing Garden Journal *Monthly Column* 2000-present

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