

## RESUME

Barbara Badolati  
1644 Franklin Avenue  
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

1644 Franklin Street

Grand Haven, Michigan 49417

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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**

**Well Coach**, Boston, Massachusetts 2005

*Wellcoaches Certified and Licensed*

**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**, Ashville, 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