



## **Health & Fitness Internship Announcement**

### **Description:**

Health Fitness Corporation at Cisco Systems, Inc. is seeking undergraduate or graduate students desiring practical experience in a corporate fitness setting. **Positions available every semester!**

Cisco Systems, Inc. and its TimeOut Health and Fitness facility, is located in Research Triangle Park, North Carolina, between Raleigh and Durham. Cisco Systems, Inc. has an employee population of approximately 2600. The services offered to the employees include:

- exercise testing
- personalized programs
- health promotion programs
- health/fitness fairs
- ergonomic assessments
- recreational leagues
- group exercise classes
- personal training
- massage therapy
- nutrition consultations

Applicants field of study should include the areas of exercise science, health promotion, health education, recreation or other health related fields. Students will gain knowledge in the areas of **fitness center management and operation, recreation and/or health and wellness program planning and development, exercise orientation and prescription, data management and customer service.**

An internship with Health Fitness Corporation affords a student a multitude of professional opportunities that will enrich the learning experience.

Health Fitness Corporation asks that the intern commit to 10-15 weeks, 30-40 hours per week.

Junior/Senior Standing in health-related curriculum. Excellent customer service skills, computer skills, CPR/FA certification are necessary. **There is a maximum stipend of \$500.**

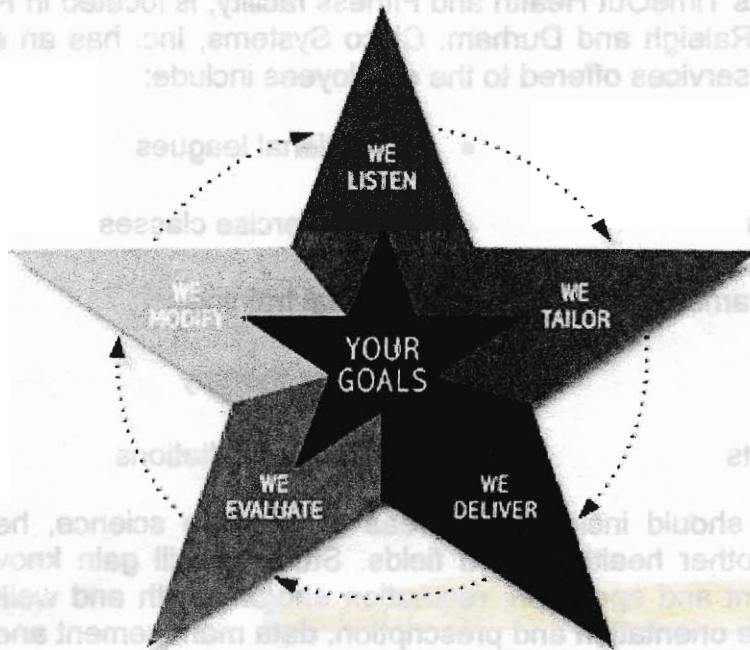
### **Please send or fax:**

1. Resume
2. Cover Letter
3. Three Letters of recommendations
4. Copy of UN-Official Transcript

**Alicia Smith**  
**Cisco Systems, Inc**  
**TimeOut Health & Fitness Center**  
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## Overview

Welcome to the Internship Program for the Fitness & Wellness Services of Health Fitness Corporation. As part of Health Fitness Corporation our mission is to improve the health and well being of the people we serve. We do this by committing our 5-Star Service Approach. Health Fitness Corporation is committed to delivering 5 Star Service to clients and members of its award-winning fitness and wellness programs. We focus on achieving Your Goals — whatever they are.



In December of 2003 Health Fitness Corporation purchased the Health and Fitness Services Division of Johnson & Johnson Health Care Systems. The "new" HFC is the largest and most experienced health and fitness management services organization in North America, serving health, fitness, wellness, and occupational health needs of corporations, hospitals, universities, and communities since 1975.

This guide has been designed to provide you with a detailed look at all the recommended areas that an intern would be exposed to, the evaluation process, and other helpful hints.

We view interns as a valuable part of our health promotion program and essential for the identification of future HFC employees.

Thank you for your interest in the Health Fitness Corporation internship program.

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