

Welcome

The Sentara RMH Wellness Center is the area's only medically integrated health and fitness center. We appreciate that you have expressed interest in doing an internship with us.

The Wellness Center is committed to a set of core values of: customer service, enthusiasm, respect, integrity, and communication. We strive to reflect these values in our daily activities and interpersonal contacts. Every employee shares the responsibility of bringing our core values into daily practice to improve health and promote wellbeing in our community.

Our Mission

The Wellness Center will be a viable business committed to providing medically-based exercise programs, health promotion and educational services to local businesses and our community. As a customer-driven business, providing exceptional service to our members will allow us to be the dominant provider in our marketplace. We will create health partnerships to manage health risk and improve the lifestyle of the community. As a financially viable business unit, we will provide innovation, cost-effective, and high-quality outcomes to support the overall mission of Sentara RMH.

Vision Statement

To be the wellness center of choice in the market we serve.

Internship Eligibility Requirements

- **1.** A career interest in health and fitness.
- **2.** An appreciation for how medically-based approaches further enhance physical fitness and wellness.
- 3. You must have a minimum GPA of 2.0 (C)
- 4. You must be willing to commit to a six week consecutive program.
- 5. Shifts could include Monday Sunday availability from the hours of 5:15am 9:30pm.

Application Requirements

- **1.** Completed application form
- 2. Resume and cover letter outlining work skills and contributions student will make to our organization
- **3.** Unofficial transcript
- 4. Steps 1-3 must be in a sealed envelope addressed to Fitness Manager

If your application is considered, we may request that you come in for an interview or conduct an interview over the phone. You will receive notification of acceptance as soon as possible.

Internship & Practicum Application

The following information must be c	compiled and presented prior to an	y internship hours are performed.
Part 1: Demographics		
Name of Student:		
Phone/Cell:	Email:	
Address:		
Is this for a practicum or internship	(please check): Practicum	Internship
Semester (please check):	Spring Summer	
Days of the week/Hours available: Number of hours required		
Academic Institution:	Department:	GPA
Academic Contact Person/Professo	r:	
Phone Number:	Professor's E-Mail:	
Part 2: Background		

- - 1. Describe your interest in the field.
 - 2. Describe your interests in an internship/practicum at the SRMH Wellness Center.

3. Describe your future goals and how you plan to use your internship to enhance those.

Contact Information: George Reid Fitness Manager SRMH Wellness Center 2500 Wellness Dr. Harrisonburg, VA 22801 Phone: (540) 564-5698 Fax: (540) 434-0470 GRREID@sentara.com RMHWellnessCenter.com