



Internship/ Practicum Application

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.

