



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOB DESCRIPTION

Location: **Shelby County YMCA**
Job Title: **Health and Wellness Advisor**
Reports to: **Wellness Director**

GENERAL FUNCTION:

The Wellness Advisor is primarily responsible for ensuring the safety of YMCA members utilizing the strength and cardiorespiratory areas. The Advisor is an instrumental member of the Wellness team and will provide supervision, education and orientation to new members for proper use of the equipment; while maintaining a safe and motivating environment.

KNOW HOW:

Must be at least 18 years of age and have knowledge of basic exercise science wellness principles. In addition, the position requires current CPR, First Aid and appropriate YMCA orientation trainings (Foundations of Strength & Conditioning within 6 months of hire).

PRINCIPLE RESPONSIBILITIES:

1. Must promote a healthy lifestyle, be an enthusiastic role model to all YMCA members.
2. Promote a healthy lifestyle, demonstrate YMCA character values, and be an enthusiastic role model.
3. Assist members by offering useful feedback, encouragement, reevaluations, additional orientations and motivation to continue a regular exercise program.
4. Attend all staff meetings for department.
5. Lead orientation sessions for members to ensure proper and safe use of equipment.
6. Follow up with members that you gave a fitness evaluation or personal orientation training session with no more than two weeks after their appointment.
7. Create a motivating environment that is friendly and non-competitive.
8. Be responsible for equipment used and report any malfunction to supervisor.
9. Report ALL accidents in class or on premises in writing and to your supervisor and CEO.
10. Monitor the strength and cardiorespiratory areas for equipment in need of repair and report this to your supervisor in writing.
11. Stay up to date with all emergency procedures.
12. Arrive on time dressed professionally - staff shirt, or presentable shirt with staff name- tag visible. Shorts or presentable trousers, preferably solid color.
13. Know and follow the YMCA mission statement. "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all."
14. Know and model the four Core Values of the YMCA. Caring, Responsibility, Respect, Honesty.
15. Extend courtesy and respect to all members and guest of the YMCA.
16. To complete YMCA orientation, Child Abuse and CPR/first aid training within 90 days of employment.
17. Maintain a positive attitude about the YMCA both on and off premises



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EFFECTS ON END RESULTS:

The effectiveness of performance in this position can be judged by:

1. Knowledge of strength and cardiorespiratory equipment and use of effective training techniques.
2. Overall cleanliness and organization of the strength and conditioning area.
3. Maintenance and/or increased attendance and quality of programs in the strength and conditioning area.
4. Positive member feedback.
5. Attitude toward: members, position and staff.
Demonstration of YMCA Character Values.

HOW TO APPLY:

Submit resume to the Wellness Director. C.Luker@shelbycountymca.org

RESUMES ACCEPTED UNTIL: