

CORPORATE FITNESS INTERNSHIP PROGRAM

Premise Health Student Internship on-site @ USAA

Premise Health

About Us

Premise Health is the leading healthcare access provider engaged by forward thinking organizations to provide health and fitness services. Our onsite fitness programs help employees move more, sit less and recognize the value of an active lifestyle.

Our Mission

At our corporate fitness internship program, we are dedicated to fostering the next generation of fitness professionals through hands-on experience and practical learning. Our mission is to empower interns with the skills and knowledge necessary to excel in the corporate wellness industry.

Spring and Fall semester options available

Qualified candidates:

- Graduating senior
- CPR/First aid certified
- Available 30 hrs/week

The internship provides hands on experience with:



Fitness Evaluations/Exercise Prescription



Personalized exercise program design



Group Exercise class instruction



Incentive Programming/Marketing/Rec Events



Case Study/Personal Training



Corporate Fitness operations

To apply contact Danielle.Welling@premisehealth.com



USAA Corporate Fitness Center
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