

# 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](mailto:Danielle.Welling@premisehealth.com)**



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