

<b>Auto req ID</b>	2015BR
<b>Company</b>	BlueCross BlueShield of WNY
<b>About Us</b>	BlueCross BlueShield of Western New York is a division of HealthNow New York Inc., one of New York's leading health care companies that provides access to quality health care and solutions for members throughout Upstate New York. Since 1936, BlueCross BlueShield has helped millions of people gain access to health care. Headquartered in Buffalo, NY, the company is an independent Licensee of the BlueCross BlueShield Association. As the region's leading health plan, serving over 800,000 members, BlueCross BlueShield believes in taking small steps towards healthier living. You can visit our website at <a href="http://www.bcbswny.com">www.bcbswny.com</a> .
<b>Title</b>	Summer 2019 - <b>Corporate Fitness Center Intern</b>
<b>Position Posting Location</b>	Buffalo
<b>Status</b>	Full Time Temporary
<b>Hours</b>	5:45AM - 7:45PM (Hours of operation for the fitness center, <b>intern hours will vary</b> )
<b>Job Description</b>	<p>BlueCross BlueShield of Western New York, headquartered in Buffalo, is one of New York's leading health care companies, providing high quality coverage and innovative wellness solutions to members throughout our region. We strive to impact positive and healthy changes in our communities and we're looking for team-spirited, motivated, and enthusiastic people to create opportunities to help us succeed in our mission.</p> <p>The Fitness Center Intern will work closely with the Manager, Fitness Center with projects, including, but not limited to, coordinating, implementing, and/or delivering health and fitness programs and services, promotions, and outreach activities.</p> <p>This professional individual will provide excellent service to members and program participants to maximize participation, outcomes, and customer satisfaction.</p> <p><b>This is a paid opportunity for the summer of 2019. The student must be able to work 40 hours per week at our corporate headquarters located in downtown Buffalo.</b></p>
<b>Primary Responsibility</b>	<p>This internship presents the following Learning Objectives:</p> <ul style="list-style-type: none"> <li>• A clearer understanding of corporate fitness and workplace wellness.</li> <li>• How to effectively design and implement employee wellness incentive programs.</li> </ul>

- Development of safe and effective group fitness class design and instruction.

- How to create effective individual exercise programming based on member goals, needs, and abilities.

Job Duties may include the following:

Assist with day-to-day operations of the fitness center (front desk, equipment orientation with members, fitness assessments, signing new members, etc).

- Participate in health promotion events and assessing fitness center members.

- Aid in development of new programs designed to encourage healthy behaviors and assist in promotion and implementation of newly created programs. Participate in evaluation of program's effectiveness.

- Develop a professional portfolio.

**Knowledge and Skills**

Required Skills and experience:

- **Students enrolled in a 4-year program in Exercise Science, Health & Wellness or related program.**

- CPR, AED, and First Aid certified.

- Accredited personal trainer certification preferred.

- Excellent written and verbal communications skills.

- Strong computer skills with intermediate proficiency with MS Word, Excel and PowerPoint.

- Previous experience in a fitness environment preferred. Must be customer-focused and comfortable interacting with the public.

**Education**

Students enrolled in a 4-year program in Exercise Science, Health & Wellness or related program.

**EEO Statement**

All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, protected veteran status, or disability status.

**To Apply:** Send resume and cover letter to [buffalointernships@sayyestoeducation.org](mailto:buffalointernships@sayyestoeducation.org). If you are selected for an interview, there will be an online application required as well.

**Deadline:** This position will remain open until filled – Say Yes Scholars are encouraged to apply before December 20, 2018.