

Stephanie Kunold

Health & Wellness Professional

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High-achieving health and wellness professional and trusted advisor with extensive experience managing fitness facilities and wellness programs that optimize client health outcomes. Adept at cultivating relationships with diverse clientele to boost health and wellness results, while motivating teams to achieve demanding objectives. Tactful communicator with interpersonal strengths leveraged to drive team collaboration and serve clients with poise and professionalism.

Education

Master of Arts,
Elementary Education
UNIVERSITY OF PHOENIX

Master of Science,
Exercise Science
UNIVERSITY OF IDAHO

Bachelor of Science,
Exercise Science and
Athletic Training
WASHINGTON STATE
UNIVERSITY

Certifications

Certified Active Aging Expert
National Academy of Sports
Medicine Certified Personal
Trainer

Aerobics and Fitness Association
of America Certified Group
Fitness Instructor

TRX Certified Instructor

Cancer Exercise Specialist

SAIL Certified

Sportsmetrics Certified Instructor

Cyclistics Certified Studio Cycle
Instructor

CPR/AED Certified

Areas of Expertise

- Team Leadership
- Continuous Improvement
- Fitness Coaching
- Wellness Education
- Facility Management
- Program Development
- Client Relations
- Group & Personal Training
- Marketing & Sales
- Expert Microsoft Office Skills

Professional Experience

WASHINGTON STATE DOH
Older Adult Falls Prevention Specialist

5/2023-Present

Provide state-wide leadership to reduce falls among older adults. Technical support to all fall prevention coalitions, stakeholders and community partners. Organize and coordinate local injury prevention personnel, provide training, presentations and consultations to state, local government and to the public. Oversee contracts and grants to increase community-based fall prevention programs.

KITSAP PHYSICAL THERAPY (KPT)
Health and Wellness Director

11/2020-3/2023

Supervise the virtual therapeutic exercise programs while growing class genres and size. Reinvigorating health and fitness assessments and testing. Managing the Industrial Health Branch of KPT Specializations by overseeing various programs throughout Kitsap County.

SUQUAMISH TRIBE
Health and Fitness Manager

7/2015 – 7/2020

Directed team of employees in executing day-to-day tasks of running \$10M fitness center and gymnasium for tribal members and tribal employees. Instructed clients based on individualized needs and goals as a personal fitness trainer.

- Spearheaded recruiting, hiring, onboarding, and training of all staff, ensuring quick assimilation into their roles.
- Boosted membership volume by creating innovative promotions.
- Developed all health, fitness and wellness programming, policies and procedures, and health challenges for the facility.
- Improved facility effectiveness by facilitating the installation of additional equipment.

KITSAP PHYSICAL THERAPY (KPT)
General Manager

11/2008 – 6/2015

Oversaw daily operations and management of staff for two KPT fitness centers, in addition to maintaining oversight of all strategic planning and marketing initiatives and engaging in personal training of clientele with a range of abilities.

- Revitalized poor-performing facility into a profitable operation by enlarging the facility and implementing new medically oriented gym programs to meet member needs and membership growth.
- Enhanced membership sales and program attendance by deploying cohesive marketing strategies across KPT's seven locations.
- Leveraged education and industry trends to create enticing gym programs, including cardiac conditioning, diabetes prevention, and senior classes.

KITSAP TRANSIT
Wellness Coordinator

9/2007 – 10/2008

Orchestrated comprehensive corporate wellness programming for an expansive transit company with 400+ employees.

- Employed superior coaching methods to assist clients in performing individualized exercises based on health risk appraisals.
- Project-managed the planning and execution of various employee events, such as educational seminars and the annual health fair.
- Developed motivational incentives to drive employee well-being.

Professional Experience

UNITED STATES POSTAL SERVICE, Wellness Manager
SAINT ANTHONY SPORTSCIENCES, Wellness Advisor
POTLATCH, Wellness Director
BOEING, Wellness Director