

Exercise & Sport Physiologist

Description:

Exercise & Sports Physiologist who:

Developed and implement Exercise and Fitness programs for entire inpatient facility.

Ran numerous long running (10+ years) didactic groups.

Taught group exercise classes: step, yoga, stretch, outdoor training, aquatics, water aerobics.

Creative exercise programs for non-exercises, eating disorder (ED) patients and overtraining athletes.

Consulted with more than 1,000 ED patients on how to appropriately use exercise to improve health and happiness.

Consultant/Physiologist to more than 50 Professional, College, HS, and national and world ranking athletes.

Staff, community, and national educator on Eating Disorders and Exercise.

Fitness Expert for ABC news - on overtraining and female athletes and eating disorders.

Exercise Physiologist/Trainer/Contributor to the HBO Documentary Thin.

More info: <http://www.linkedin.com/in/tracybenham>

Address Line 1: PO BOx 812125

Country: USA

State: Florida

City: Boca Raton

Zip: 33481

Website: <http://SportsHealthExercise.com>