



Fitness Coach, Healthy Harlem

In 2005, as a direct response to the public health crisis of obesity in our youth, HCZ created an effort called the Healthy Living Initiative (HLI) to encourage our students and families to incorporate healthy food choices and physical activity into their daily lives. In the years since, we have sought to deepen our work in this area. We developed a strategic program model and growth plan called Healthy Harlem (HH), which consists of best practices in physical activity, nutrition education, and community support. Like HLI, this program is designed to instill a culture of healthy living throughout the Zone but is more expansive and strategically focused in the way we reach youth in our programs, their parents and care givers, and the community at-large.

Our three-pronged approach consists of *Prevention*, which serves the general youth population and their families; *Treatment*, which provides intensive support for at-risk youth and their parents and caregivers; and *Medical Management*, which connects high-risk youth and their families to professional health care providers.

We are seeking part-time Fitness Coaches to work at selected HCZ after-school program sites. They will work at a designated program location and will be part of a wellness team dedicated to improving nutrition and increasing physical activity for students at their respective site.

Essential Duties and Responsibilities

- Organize and lead daily physical activity for students, grades Pre-K through 12
- Provide consistent motivation, enthusiasm, and role modeling for healthy lifestyle choices
- Conduct health assessments to determine overall health status of all youth (e.g., height, weight, PACER endurance test)
- Document student activities, participation, and services provided
- Assist with special projects and events
- Perform other duties as assigned

Qualification, Skills and Knowledge Requirements

- Bachelor's degree and/or at least 2 years experience implementing physical activities and coaching in school-based, after-school, and/or community-based settings
- Comfortable working in various urban settings and with diverse populations
- Team-oriented with strong organizational and collaborative skills
- Adapts well to changes in assignment and priorities with the ability to respond effectively to new information, changing conditions, and unexpected obstacles
- Excellent communication skills, both oral and written
- Must be available to work after-school hours and evenings, as well as attend trainings during out-of-program hours
- Willingness to model Healthy Harlem standards of nutrition and activity and personally demonstrating the caliber of performance and behavior that is expected of the staff and students