"It is easier to **maintain** good health than it is to **recover** it."
Antonia Novella, MD (Former US Surgeon General)

Career Services

MACOMB COMMUNITY COLLEGE

SUMMER 2010 VOLUME 16 NUMBER 2

WELLNESS:
A Holistic Approach to Health

Fitness Instructor/Personal Trainer

Source: www.careercruising.com

Are you in great physical condition? Do you love to work out and stay in shape? Are you enthusiastic and have what it takes to motivate others? If so, then you may want to check out a career as a Fitness Instructor or Personal Trainer.

What Do Fitness Instructors and Personal Trainers Do?

Fitness Instructors and Personal Trainers do basically the same job but on a different scale. Fitness Instructors usually work with groups while Personal Trainers work one-on-one with clients.

To begin, Fitness Instructors and Personal Trainers assess their clients' fitness level and determine their goals. Some clients may want to lose weight, others may want to become more physically fit, and some may want help training for marathons or other events. Next the trainers provide fitness instruction and motivation to the clients. A Fitness Instructor usually is at the front of a class demonstrating the work out moves so that the class can follow along. Depending on the type of class the moves may be choreographed to music to make it more fun. During the exercising, the instructor will keep the class motivated though actions and words. A personal trainer usually works out with their client. They may have to show clients how to use equipment and machines. If they are teaching a class they must design the program from start to finish so that clients get maximum results without strain or injury.

There are many types of fitness programs including aerobics, toning, stretching, and strengthening. Trainers work with clients of all ages and fitness levels.

Most of the time instructors work inside, in places such as gyms, fitness centers, spas, resorts, cruise ships and schools. Sometimes, they may work outside. For example, a personal trainer helping someone prepare for a long-distance marathon or an instructor may teach a summer fitness class at a park or beach.

Instructors must be in great physical health themselves because they spend several hours a day teaching classes. They also must be good communicators and enjoy working with people.

What Type of Education Is Required?

There are no specific educational requirements for either of these careers, but most employers prefer to hire instructors with some experience and education. A degree in physical education, exercise science, kinesiology or related fitness field can be a definite advantage.

While certification is not required it is very beneficial. A variety of organizations offer certification programs and the requirements will vary based on the organization. Most likely you will need to pass some sort of written and practical exams and in most cases you also need to be CPR certified. Some type of continuing education courses are usually required to maintain certification.

You can get more information on these certifications in the additional resources at the end of this article.

How Much Do They Make?

The earnings for fitness instructors and personal trainers can vary widely based on their location, whether they work full or part-time, if they work for an employer or are self-employed, and their education and experience level.

Those who work in gyms or fitness clubs may get commission for signing new clients.

According to the U.S. Department of Labor the earnings for fitness trainers and aerobic instructors in Michigan is between $16,330 and $32,430 per year. Some who own their own business may make over $100,000 per year.

What's The Outlook?

The outlook for fitness trainers and aerobic instructors is good. The Michigan Department of Energy, Labor and Economic Growth expects a 15% increase in the number of instructors needed in Michigan through the year 2016. That's an average of 270 job openings per year!

Get More Information

American Council on Exercise
www.acefitness.org

Aerobics and Fitness Association of America
www.afaa.com

American College of Sports Medicine
www.acsm.org

Professional Fitness Instructor Training
www.pfit.org

IDEA Health and Fitness Association
www.ideafit.com

Occupational Outlook Handbook—Fitness Workers
www.bls.gov/oco/ocos296.htm

Career Services

LOCATIONS: Center Campus: G-102
South Campus: S-147
HOURS: Monday and Tuesday • 8am–7pm
Wednesday–Friday • 8am–4:30pm
PHONE: 586.445.7321
EMAIL: careerservices@macomb.edu
WEB: www.macomb.edu

Macomb Community College

Dietitian

(sometimes spelled Dietician)

Sources: www.careercruising.com, www.bls.gov, www.eatright.org

Do you like the idea of helping people choose the right foods to help them stay healthy? Do you enjoy working with diverse groups of people? Is researching the field of health and nutrition something that sounds appealing to you? If you said yes, then a career as a Dietitian may be one you want to explore.

What Do Dietitians Do?

Dietitians work with food, not necessarily physically, but by planning and designing food programs. Most institutions such as schools, hospitals, and nursing homes have dietitians on staff to plan healthy meal choices for their students or patients. In hospitals and nursing homes they have to take in to account patients' health conditions and plan accordingly. A heart patient will need a low fat, low sodium diet while a diabetic patient will need a low sugar diet. In schools, the food must be something children like to eat while still providing for healthy, nutritious choices.

Dietitians work with people to determine their nutritional needs and improve their health by changing their food choices. Some people may want to change their eating habits for their own purposes while others may have to change due to illnesses. They "plan food and nutrition programs, supervise meal preparation and oversee the serving of meals. They prevent and treat illnesses, promoting healthy eating habits and recommending dietary modifications," according to the Bureau of Labor Statistics.

There are quite a few areas to specialize in for those who become dietitians. Clinical dietitians provide nutritional services for patients, usually in hospitals or nursing homes. Some clinical dietitians specialize in specific areas such as helping patients who are overweight, or patients with specific illnesses.

Public health dietitians work with various groups in the community teaching them the benefits of healthy eating. They may work with agencies to help certain groups of people such as the elderly or low income families. They can provide information on eating healthy on a budget, or help older people maintain proper nutrition with less of an appetite.

Foodservice management dietitians provide and oversee the food service in hospital or company cafeterias. They do all the planning, budgeting and purchasing as well as hire employees and direct the staff.

Those dietitians employed by private companies may work for food processing companies and analyze foods and prepare nutritional labels for packaging. Others may work for private groups such as sports teams or wellness groups. They may also be self-employed and work as consultants. Some dietitians become teachers, teaching in food service or health fields.

Most dietitians work inside, usually in a clinical setting, although some may work in hot and crowded kitchens. They most often work 40 hours per week.

What Type of Education Is Required?

To become a Registered Dietitian you must first earn a bachelor's degree in an approved college program such as dietetics, foods and nutrition, or food service administration. The program must be approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA). A master's degree is not required but it will offer more opportunities for employment.

Secondly, you must complete an approved internship to gain practical experience in the field. They are usually 6 months to 1 year in length.

Thirdly, you must take and pass the Commission on Dietetic Registration exam. You must pass to be awarded the Registered Dietitian (RD) designation. Continuing Education is required to maintain the RD designation. In some states the RD designation is a requirement but in some states it is voluntary. Since requirements vary by state, those who are interested in this field should check with the state where they want to work.

How Is a Registered Dietitian Different Than a Nutritionist?

According to the American Dietetic Association, The "RD" credential is a legally protected title that can only be used by practitioners who are authorized by the Commission on Dietetic Registration of the American Dietetic Association.

Some RDs may call themselves "nutritionists," but not all nutritionists are registered dietitians. The definition and requirements for the term "nutritionist" vary. Some states have licensure laws that define the scope of practice for someone using the designation "nutritionist," but in other states, virtually anyone can call him- or herself a "nutritionist" regardless of education or training.

Individuals with the RD credential have fulfilled specific requirements, including having earned at least a bachelor's degree (about half of RDs hold advanced degrees), completed a supervised practice program and passed a registration examination—in addition to maintaining continuing education requirements for recertification."

How Much Do They Make?

The salary range for dietitians varies based on the amount of experience they have, the type of place they work, and the type of work they do. Dietitians in Michigan make between $40,880 and $58,990 per year according to the U.S. Department of Labor

What's The Outlook?

In Michigan, through 2016, the demand for dietitians is expected to increase by 5%. There are expected to be 65 openings per year in Michigan according to the Department of Energy, Labor and Economic Growth.

Get More Information

Take a look at some of these websites for more information about Dietitians –

American Dietetic Association
www.eatright.org

Commission on Dietetic Registration
www.cdrnet.org

American Society for Nutrition
www.nutrition.org

Ask The Dietitian®
www.dietitian.com

Alternative Health Careers

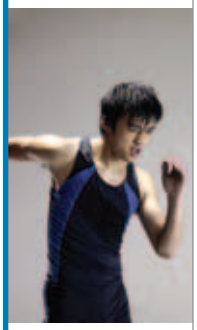
Sources: www.careercruising.com, www.self-help-alternatives4healing.com, www.degreedirectory.org, www.naturalhealers.com,

JOB TITLE	JOB DESCRIPTION	EDUCATION REQUIREMENTS	SALARY AND OUTLOOK	ADDITIONAL RESOURCES
Acupuncturist	Acupuncturists treat illnesses by inserting needles into precise points on the surface of the body to relieve pain and stress. They use various methods to diagnose patients to determine where the needles should be inserted. Some good traits to have in this field are patience, compassion, and excellent communication skills.	Requirements vary by state. Most often a 2 or 4 year degree is required before completing an acupuncture program which is another 2–4 years. Licensing and certification is required in most states.	Salaries vary greatly based on experience, location, fees they charge, etc. Full-time experienced acupuncturists can earn $35,000–$65,000 or more annually. Outlook information is not available for this career.	www.aaaomonline.org www.acaom.org www.nccaom.org www.acupuncture.com www.acupuncturetoday.com
Chiropractor	Chiropractors use spinal, muscle and joint manipulation, along with massage, exercise and stretching to treat patients. They complete a physical exam, medical history and x-rays to determine the course of treatment. A love of and background in science is recommended for those interested in this field. Chiropractors also require excellent manual dexterity, along with good health, energy and physical endurance.	A minimum of 2–4 years of college is required before applying to a chiropractic program. The Doctor of Chiropractic (DC) degree is a 4 year program, including practice in a teaching clinic. You must also be licensed by the state in which you practice. To maintain their license, chiropractors must complete a number of hours of continuing education each year.	In Michigan, the average annual income for chiropractors is between $50,000 and $150,000. Earnings depend on experience, location, and the amount they charge. Most chiropractors work for themselves and therefore have the overhead of rent, supplies and other business related costs. The number of openings for chiropractors in Michigan is expected to be about 46 per year through 2016. That is an increase of 14%.	www.acatoday.org www.chiropractic.org www.nbce.org www.chiro.org
Holistic Health Practitioner	Holistic Health Practitioners believe that an individual's health is a combination of mind, body and spirit and seek to treat all three. The treatment is completely individualized to meet each patient's needs. Often, a Holistic Health Practitioner works in conjunction with modern medical providers. Holistic Health Practitioners may be, but are not limited to, any of the following: • Homeopath • Massage Therapist • Osteopath • Acupuncturist • Psychologist • Naturopath • Nutritionist • Yoga Educator • Herbalist • Aromatherapy • Chiropractor • Nurses • Health Counselors	There is no specific degree required to become a Holistic Health Practitioner. An Associate, Bachelor, or Master of Science in Natural Health is a good place to start. One can also earn degrees in other types of alternative medicine, such as massage or acupuncture. Some (doctors, nurses, dentists, psychologists, etc.) earn a degree in their health profession and combine the principles of Holistic Health with modern medicine.	As interest in holistic and alternative medicine increases, demand for Holistic Health Practitioners will increase. Most Holistic Health Practitioners are self-employed and their income varies based education, location, and fees they charge their clients.	www.ahha.org www.holistichelp.net/holistic-health-practitioner.html www.holisticmed.com

Continued on page 4

Alternative Health Careers

Continued from page 3

JOB TITLE	JOB DESCRIPTION	EDUCATION REQUIREMENTS	SALARY AND OUTLOOK	ADDITIONAL RESOURCES
Kinesiologist 	Kinesiologists use the science of physical movement to study and assess how the human body moves and functions and how this affects our health. There are two types of kinesiology: Clinical and Ergonomic. Clinical Kinesiologists work in various medical facilities and treat patients who have suffered some type of trauma, injury or major medical issue. Ergonomic Kinesiologists specialize in improving employees' work environments both for comfort, and health and safety.	While there is not one specific degree required for this field, a minimum of at least a bachelor's degree in some type of exercise science is needed. Master's degree programs in kinesiology or physical education allow further specialization in specific areas. Once in the field, continuing education is needed to keep current on the latest skills.	Kinesiology is a rapidly evolving field. The outlook for this career is not available but as awareness increases the field is expected to grow. Incomes vary greatly for kinesiologists due in part to the fact that many are self-employed or work on a contract basis. Those starting out in the field can expect to make between $25,000 and $35,000 per year, while those with more experience can make $50,000 or more annually. Some who are self employed make more than $100,000 per year.	www.americankinesiology.org www.akta.org www.aakpe.org www.ergoweb.com www.aahperd.org www.jssm.org www.acsm.org www.acefitness.org
Massage Therapist	Massage is used to relief pain and also as a regular treatment to promote good health and reduce stress. Massages stimulate blood circulation, relax tight muscles, and have other beneficial effects. Massage therapists apply alcohol or lotion to the customer's body. They then massage the body by kneading and rubbing the client's skin. Massage therapists may also give steam and dry heat treatments, ultraviolet and infrared light treatments, and different types of water therapy. They may work in spas, hospitals, chiropractors' offices, health clubs, or in clients' homes.	Massage therapy programs are offered at community colleges and private schools. A list of approved training programs is available on the American Massage Therapy Association (AMTA) website. Programs are usually one year in length and require at least 500 hours of training. Professional Certification is available from the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Some states may require other licenses. Check the AMTA website for state specific requirements.	The salary range for massage therapists in Michigan is $19,360 to $44,160 annually. A lot depends on the location where the therapist works, with those in larger cities making more than those in other areas. Income also varies depending on the type of facility where the therapist works and the number of clients they have. A 10% increase is expected through the year 2016 for massage therapists in Michigan. That's an average of 80 openings per year.	www.amtamassage.org www.ncbtmb.org www.massagemag.com www.naturalhealers.com www.internationalmassage.com www.abmp.com
Reflexologist	Reflexologists apply pressure to different parts of a client's body in order to improve their health. It is an alternative form of therapy derived from an ancient healing technique. The treatment is based on the thought that certain reflex zones are linked to different parts of the body. Reflexologists must assess their clients' physical condition, and recommend and carry out treatment. Treatment involves applying pressure to specific areas of clients' feet or sometimes hands. Reflexologists may also provide guidance to clients' about their diet and lifestyle.	There are no specific educational requirements required to become a reflexologist. There are courses and training programs available and they usually take 6 months to 1 year to complete. Some states have mandatory legal requirements to practice reflexology (Michigan is not one of them). Those requirements include hours and practice and licensing as a massage therapist or certified technician. Voluntary certification is available through the American Reflexology Certification Board.	Reflexologists may work from home or in clients' homes, they may have their own offices, or they may work in wellness centers. They may have varied hours to provide easy access for their clients, and many work part-time. Their income varies according to the location, their experience level, and how many hours they work, but usually starts around $20,000 per year. The median salary for reflexologists is $35,000 annually. Job prospects for reflexologists are very good with high growth rates in both alternative healing methods and the health care field in general. The Bureau of Labor Statistics expects these two fields to continue with faster-than-average growth through 2016.	www.acaret.org www.arcb.net www.icr-reflexology.org http://reflexology-usa.org/

Alternative Health Careers

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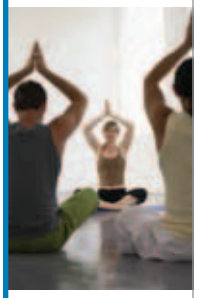
JOB TITLE	JOB DESCRIPTION	EDUCATION REQUIREMENTS	SALARY AND OUTLOOK	ADDITIONAL RESOURCES
Reiki Practitioner 	Reiki is a form of energy healing. Energy Healing involves direct application of Chi for the purpose of strengthening the clients' energy system. Chi is the term used for the underlying force that makes up the universe. The Reiki practitioner places their hands on the client and allows the energy to flow through them and into the client. Reiki addresses physical, emotional, mental and spiritual imbalances. Reiki practitioners will often create a relaxing atmosphere for their Reiki sessions.	Reiki is traditionally taught in three levels. Levels I and II are typically taught in one day class (8 hours) or over a weekend period (16 hours). Level III is generally a more intensive course of study and will take a longer commitment. Class time involves an initiation ritual called an attunement and learning the hand placements for self treatments as well as treating others. Licensing and certification are not required but are offered through various organizations. A Master/Teacher level of Reiki is offered for those who wish to teach.	As the health industry grows and there is more demand for natural healing and practices that promote well being and stress relief, Reiki will continue to be a popular healing art, and a respected certification will add to your natural health qualifications. Many Reiki practitioners combine Reiki with other careers like massage therapy, chiropractics, or nursing. The salary range varies depending on location and what other services are offered in the practice. A beginning Reiki practitioner may earn an average of $18,000 per year, while those with experience can earn $50,000 to $70,000 or more annually. There is a chance for greater earnings by those who teach or lecture.	www.iarp.org/ www.trainingreiki.com www.holisticstudies.com www.awakening-healing.com www.naturalhealers.com
Yoga Instructor 	Yoga is a mind-body practice in complementary and alternative medicine (CAM) with origins in ancient Indian philosophy. People use yoga for a variety of health conditions and to achieve fitness and relaxation. Yoga Instructors teach people various yoga positions and controlled breathing. Sometimes they teach meditation and visualization. They design their courses based on clients' needs and assess student progress. Yoga instructors may work at yoga studios, fitness centers, spas, community centers, and cruise ships. Some yoga instructors specialize in a certain type of yoga or specific groups of students.	There are many training programs for yoga teachers throughout the country. These programs range from a few days to more than 2 years. Standards for teacher training and certification differ depending on the style of yoga. The length of the training depends on the type of yoga. Practical yoga can be learned in one course, while other disciplines may take a year or longer to learn. There are organizations that register yoga teachers and training programs that have complied with minimum educational standards. However, there are currently no official or well-accepted licensing requirements for yoga teachers in the United States.	The demand for yoga instructors is increasing as awareness of alternative health options grows. A more diverse and advanced training background offers more options. Volunteering to teach and substituting are good ways to get a foot in the door. Working with specific groups (pregnant women, senior citizens, etc) can make an instructor more marketable. The salary for yoga instructors varies greatly depending on the location, the type of facility where they teach, and their experience. Typically yoga studios pay $35–$75 per class, fitness centers pay $35–$45 per class and private lessons range from $50–$250 an hour. Group yoga lessons taught at community centers and schools are usually freelance so bargaining skills are a definite plus.	www.naturalhealers.ocm www.yogaalliance.org http://yoga.about.com www.americanyogaassociation.org www.abc-of-yoga.com

HealthNews Dozen: 2010 Fitness Trends

By: Jennifer Newell , Published: January 2010

Source: www.healthnews.com

When the calendar turns over to January of 2010, many people will begin to implement New Year's resolutions that include some type of health and fitness goals. People vow to live healthier lives throughout the new year, whether that includes adding various forms of exercise, starting a diet, or eliminating negative habits. While each person's decision is his or her own and must be based on personal preferences and objectives, it is interesting to note the predicted trends for the year based on past years, and those trends might be an indicator of programs that are easier to find and more reasonably priced due to popularity.

Each year, the American College of Sports Medicine (ACSM) releases a report in its last bi-monthly journal issue of the year containing projected fitness trends. The global survey is the fourth in a series and incorporates trends identified in previous surveys with responses from a survey that included trends identified by the editors of ACSM's *Health & Fitness Journal*. All facets of the industry were included—commercial health clubs, community nonprofit health clubs, corporate wellness programs, and medical fitness centers.

The rest of the top 20 that extends past the top 12 shown in this article were, in order: wellness coaching, yoga, spinning, boot camp, physician referrals, stability ball, balance training, and comprehensive health promotion programming in the workplace.

Compared to the last three years, the authors of the survey noted several interesting trends: Items like group personal training, which is employer-friendly and more reasonably priced than individual personal training, moved up the list from the bottom of the top 20 to the #10 spot on the list in 2010. In addition, functional fitness for older adults moved up the list, as did wellness coaching, yoga, and physician referrals. And items that continue to maintain their popularity are Pilates and sport-specific training.

The top item on the list is educated and experienced fitness professionals, who continue to be in strong demand due to the varying needs of people looking to begin or maintain fitness programs. The need to practice a personalized fitness routine requires a qualified professional to cater to the needs and wants of that person and ensure exercise and diet plans are fine-tuned. Those who are serious about their fitness goals often seek the help of a professional to streamline the process.

Strength training is also on the rise, though it was once primarily used by bodybuilders. However, studies showing the advantages of muscle building in the bone strengthening, toning, and anti-aging have increased its popularity greatly in the past few years.

The programs in the top twelve tend to center around education and stem from state and federal programs with a focus on particular issues affecting the health of the community, state, or nation. Childhood obesity has been on the rise for decades, and its dangers have prompted programs in schools and communities that focus on healthy eating and exercise habits for children. Senior fitness is also important as the baby boomer generation ages and seeks programs to stay healthy despite the aging process. Functional fitness also falls into the category of catering to older adults with a focus on strength training.

More specific health trends include the flexibility training of Pilates, strength and endurance of sport-specific training, and middle-body muscle strengthening of core training. And outcome measurements consist of fitness training based on disease management and medical conditions that require specific health needs be addressed to aid in wellness.

It should be noted that trends are simply a gauge as to the present and future of the industry, and while items on the list can be used as ideas for one's own personal fitness goals, it is important to find the most appropriate programs and focus on one's individual objectives.

Top Global Fitness Trends for 2010

Source: American College of Sports Medicine, HEALTH & FITNESS JOURNAL, VOL. 13/ NO. 6

1. Educated and experienced fitness professionals*
2. Strength training*
3. Children and obesity*
4. Personal training*
5. Core training*
6. Special fitness programs for older adults*
7. Functional fitness
8. Sport-specific training
9. Pilates
10. Group personal training
11. Outcome measurements
12. Exercise and weight loss
13. Wellness coaching
14. Yoga
15. Spinning (indoor cycling)
16. Boot camp
17. Physician referrals
18. Stability ball
19. Balance training
20. Comprehensive health promotion programming at the worksite

***Indicates a top 10 position each of the past 4 years.**

Educational Opportunities in Alternative Health in Michigan

Several Universities in Michigan offer certificates or programs in alternative health areas. Check with each university for specific requirements and course offerings.

Oakland Community College in Waterford, MI offers both a certificate program and an associate's degree in Massage Therapy.

Certification Program

- One-year certificate in massage therapy
- Over 800 contact hours with approximately 360 hands-on hours
- Science/Medically-based curriculum
- Transferable college credits

Degree Program

- Two-year Associate in Applied Science Degree with a certificate in massage therapy
- This program holds the same specifications as above along with the general education and recommended courses to complete degree requirements

Visit www.oaklandcc.edu/Health/MassageTherapy/ to find out more about Massage Therapy at OCC, or call 248.341.2229.

University of Michigan Integrative Medicine in Ann Arbor, MI offers Complementary and Alternative Medicine courses for its medical students.

Supported by a five-year grant from the National Institutes of Health (NIH), University of Michigan Integrative Medicine (UMIM) piloted its first Complementary and Alternative Medicine (CAM) courses for medical students during the Fall Term of 2000. A unique aspect of the CAM course sequence is that it is longitudinal, extending across the entire four-year U-M Medical School curriculum.

To date, implementation of the curriculum has involved the participation of approximately 600 undergraduate medical students and 200 physicians/practitioners. Instruction has touched upon the following five CAM domains as identified by the National Center for Complementary and Alternative Medicine (NCCAM):

- Alternative medical systems
- Mind-body interventions
- Biologically based therapies
- Manipulative and body-based methods
- Energy therapies

Visit www.med.umich.edu/umim/education/ for more information on these courses.

Oakland University in Rochester Hills, MI offers a post-graduate certificate in Complementary Medicine and Wellness

The graduate certificate in Complementary Medicine and Wellness is a course of study emphasizing patient/client counseling and education about mind-body approaches, complementary therapies, health promotion, disease prevention and wellness. The program goals include preparing professionals to help their patients/clients achieve a level of health and well-being that reaches beyond merely the absence of disease.

Participants learn to optimize the patient/client-practitioner relationship while promoting health across the physical, psychological, spiritual, social and environmental dimensions. Specific skills include stress management and relaxation training, patient/client education and wellness counseling, and evaluating new and traditional modalities using evidence-based criteria. A 40-hour clinical practicum in an integrative medicine facility is included in the Professional Seminar (HS 630).

Recent trends in health care delivery have challenged practitioners and educators to integrate alternative approaches that are complementary into standard practice and to evaluate their safety and effectiveness. It is intended that candidates will use the certificate to enhance or further their professional practice, current licensure or formal education.

Numerous health care systems, hospitals and clinics are opening facilities devoted to complementary and alternative health care. Professionals who have completed formal certification programs have been selected to head these facilities.

The program augments the background of professionals such as counselors, exercise scientists, physicians, physician assistants, nurses, physical therapists, occupational therapists, educators, dieticians, psychologists, social workers and clergy

Visit www2.oakland.edu/shs/es/complementary.cfm for more information on this certificate.

Western Michigan University in Kalamazoo, MI offers a Holistic Health Care Minor (18 hours)

A minor in Holistic Health Care consists of an 18 credit hour course of study designed to meet the needs of students interested in learning about the theory and practice of holistic health. Through a required sequence of courses students explore holistic concepts related to their individual health, including the interconnectedness of the mind, body and spirit. Integral to this course of study is also cultivating an understanding of the way in which the expression of holistic principles through everyday choices and lifestyle affect the broader community.

The minor meets the needs of two student populations: 1) Students majoring in a health care field who wish to incorporate the principles and practices of holistic health into their practice to compliment their skills in becoming effective professionals in the current health care system; and 2) students majoring in a non-health related profession interested in applying holistic theory to their field of study.

Visit www.wmich.edu/hhs/holistic_health/programs for more information on this program.

Certified Personal Fitness Trainer/ Wellness Courses at Macomb

The Continuing Education Department at Macomb Community College offers a course for Certified Personal Fitness Trainer. The course includes lectures on exercise, physiology, nutrition, musculoskeletal injuries, and more. It also includes practical testing and the written exam for WITS (World Instructor Training Schools) certification. This course requires a 30 hour internship. Proof of CPR/AED is required for Personal Fitness Trainer certification. CPR/AED courses are offered for those who are not already certified.

They also offer Wellness courses in Handling Stress, Keeping Your Mind Alert, and Reflexology.

For more information on these courses please contact Continuing Education at 586.498.4000 or www.macomb.edu/cce or continuinged@macomb.edu.

Wordsearch:

Fitness and Nutrition

N	U	T	R	I	T	I	O	N	C	L	P
A	L	I	A	N	H	T	S	O	I	A	E
G	D	M	I	E	T	E	S	I	T	C	F
O	I	S	A	S	A	S	O	T	S	U	I
Y	E	L	S	S	E	O	N	A	I	P	T
R	T	N	R	N	S	E	T	T	L	U	N
H	R	E	L	A	X	A	T	I	O	N	E
S	E	L	C	S	U	M	G	D	H	C	S
F	E	I	L	E	R	S	S	E	R	T	S
W	X	T	R	U	L	L	O	M	T	U	L
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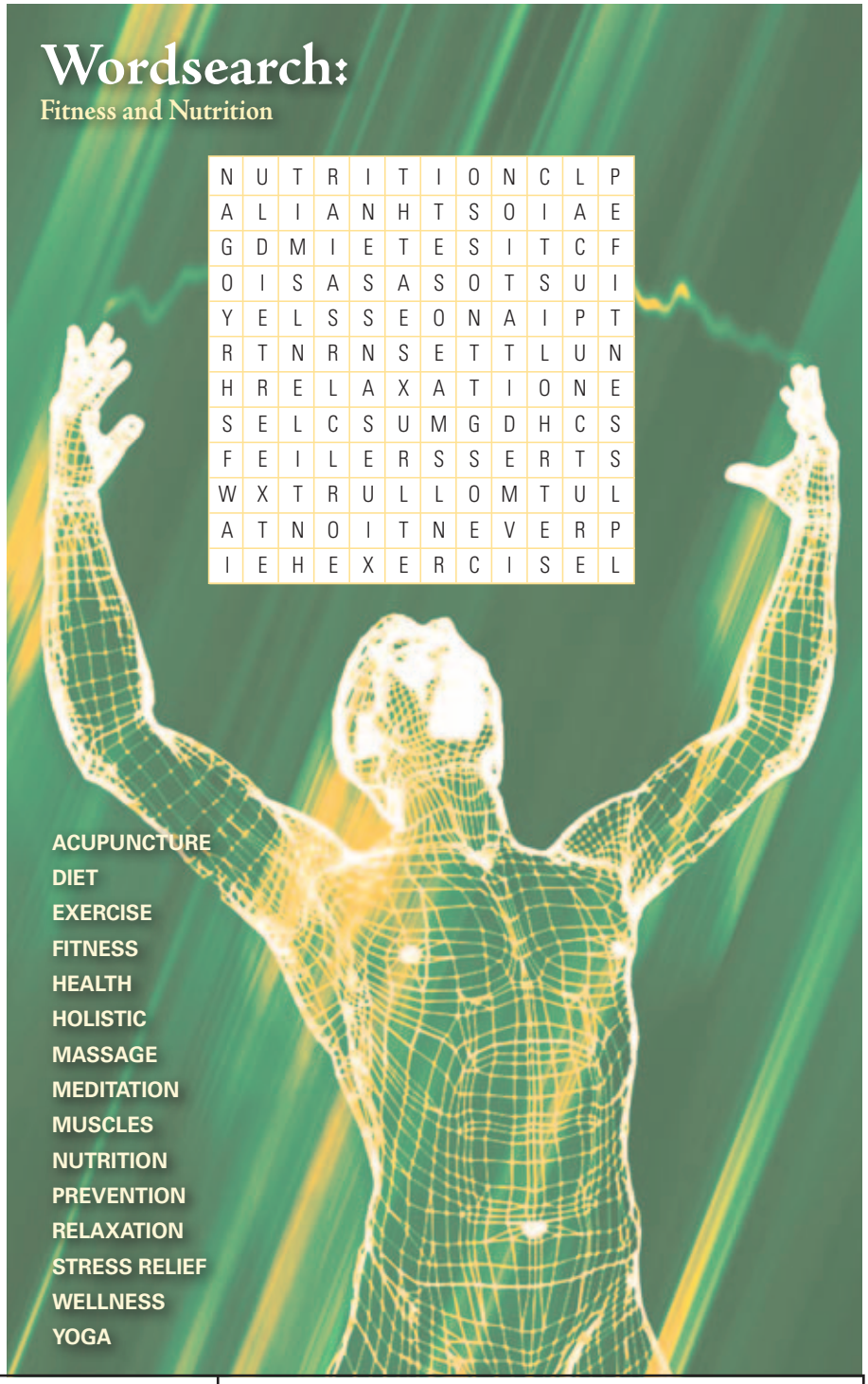
I	E	H	E	X	E	R	C	I	S	E	L



ACUPUNCTURE
DIET
EXERCISE
FITNESS
HEALTH
HOLISTIC
MASSAGE
MEDITATION
MUSCLES
NUTRITION
PREVENTION
RELAXATION
STRESS RELIEF
WELLNESS
YOGA

Career Services offers:

- Online career research
- Career books, magazines, and multimedia resources
- College information and catalogs
- Annual job fair
- Current job listings posted daily by tri-county employers on the MacombCareerLink job database
- Resume and cover letter assistance
- Interview preparation

Visit us on the web! www.macomb.edu
South Campus, S-147 • Center Campus, G-102
Phone: **586.445.7321** • Email: **careerservices@macomb.edu**

Counseling & Academic Advising Services offers:

- Career testing and exploration
- Career decision making assistance
- Academic advising
- Transfer information
- Resource referral
- College success consultations

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The Summer 2010 edition of the Career Services News was compiled and edited by Liz Gawel, Tony Sakich and Linda Stowe.

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