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RJF AGENCIES

Rosie Ward, PhD, MPH, CHES
Health Management Consultant

Previous Experience

2006 to Present: Intrinsic Coach® Mentor,
Totally Coached, Inc.

May 2000 to Present: Workshop
Presenter/Trainer, National Exercise
Trainers Association

2006 to 2007: President, Salveo Partners

Jan. 2004 to May 2007: Health and
Wellness Director, Northwestern Health
Sciences University

Aug. 2002 to Dec. 2003: Bioterrorism
Education Coordinator, Anoka County
Public Health

Feb. 1999 to Aug. 2002: Program
Manager, Target Corporation/Park
Nicollet HealthSource and Health
Fitness Corporation

May 1994 to Present: Group Fitness
Instructor, Northwest Athletic Club,
Bally Total Fitness, and Gold's Gym

Education

B.S. in Kinesiology (emphasis in worksite
health promotion), University of
Minnesota

Master of Public Health in Community
Health Education, University of
Minnesota

Ph.D. in Organization and Management,
Capella University

Biography

Rosie wakes up every morning with one thing in mind: Motivating and keeping employees healthy. She has over 15 years experience designing, implementing and executing health management programs for organizations of all types and sizes. She has an extremely diverse background of fitness, life coaching and organizational management that gives Rosie a completely fresh and empowering approach to corporate wellness.

Rosie's approach to health management is to incorporate it into the culture of the organization. While some companies would say that providing information on healthy living and encouraging a healthy lifestyle is sufficient, Rosie takes it to a whole new level. She helps clients understand how a healthy workforce can positively impact a company's bottom line, and how individual choices and behaviors ultimately determine the true cost and risk to the organization.

Rosie is very active in the health, wellness and fitness communities. She works as a mentor and event planner for several local and national organizations.



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