



If you are looking for a dynamic internship that provides practical experience working with fitness and wellness industry experts, consider Healthbreak! We offer college juniors and seniors a real world opportunity to work in the industry while completing your degree. Applications are accepted throughout the year. Apply today! Please note that all current internships are being offered on a remote basis due to COVID-19.

Internship Locations:  
Varied (remote experience)

### Qualifications

- 3.0 or higher GPA
- Junior or Senior in Exercise Science, Exercise Physiology, Health Promotion, or related field.
- Professional, corporate image with exceptional interpersonal, organizational and communication skills.
- A dynamic personality and a personal role model for fitness and health promotion.
- Personal training or group exercise instruction experience is a plus, but not required.
- Proficient use of Microsoft Office and other software.
- Current CPR/AED & First Aid certification may be required.

### General Information and Intern Experience

Healthbreak's Virtual-Micro Internship Program is designed to provide one-time experiences to strengthen the student's professional philosophy and understanding of the management of wellness and health promotion programs and services. Micro-Internships vary in length and focus area and are based upon what type of experience each intern is seeking. The selected candidate will work under direction of the Internship Coordinator to assist in carrying out all responsibilities and projects. Opportunities for exposure, learning and skill building include but are not limited to the following:

- Fitness Centers
  - Body Assessments
  - Fit Plans
  - Marketing & Communication
- Wellness Programming
  - Nutrition
  - Lifestyle Management
  - Wellness Challenges
  - Marketing & Communication
- Wellness Technology

### Application Process

Complete the Request More Information Form located on our website: <https://healthbreakinc.com/internships/>

We will send you a program application and information packet. Please return the completed application along with a current resume, three references, and current transcripts to [info@healthbreakinc.com](mailto:info@healthbreakinc.com).

### Questions

E-mail: [info@healthbreakinc.com](mailto:info@healthbreakinc.com)

Phone: 720.344.9507