


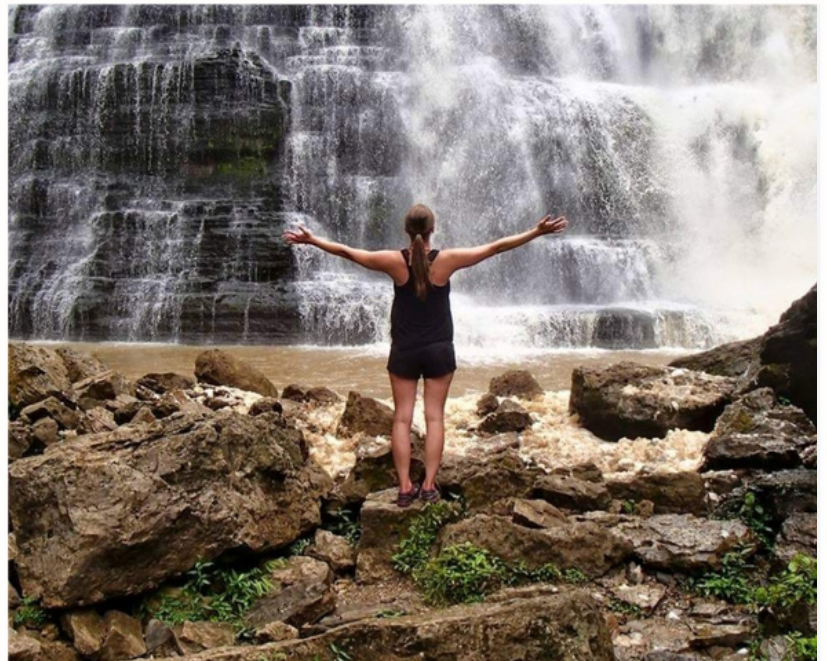


Hi! I'm Kayla, Assistant Director of Population Health. I oversee the  initiative and provide back-up support for our population health and weight management programs.

My background:

I am a licensed and certified athletic trainer.* I have a bachelor's degree in exercise science/pre-physical therapy and a master's in athletic training. I'm also a certified ergonomic assessment specialist, American Academy of Sports Dietitians and Nutritionists nutrition specialist and hold a certificate in personal training.

*Did you know to become a certified athletic trainer you must graduate with a bachelor's or master's degree from an accredited professional athletic training education program and pass a comprehensive test administered by the Board of Certification? Once certified, you must meet ongoing continuing education requirements to remain certified.



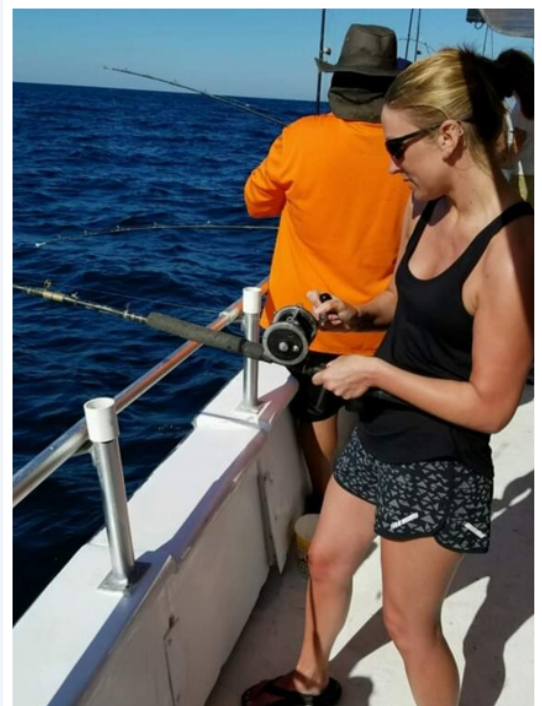
Kayla at Burgess Falls

What inspired me to choose this career:

I started college with the goal of becoming a physical therapist and I worked as a physical therapy tech and personal trainer for many years. Towards the end of undergrad, I realized I wanted to shift more to the exercise aspect, which meant applying for an athletic training graduate program. My first job out of grad school was in workplace wellness, and here I am 12 years later!

5 FUN FACTS

1. I love to experience new places and adventures.



2. I always try to make the best of every situation.

3. You will often find me with my husband completing DIY projects around the house.



4. I'm very organized and don't deal well with clutter!

5. I bought a ukulele last year with hopes of learning how to play, but the struggle is real!

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