



ANGELA CHANDLER

NBC-HWC, NASM-CPT,
FLT®-virtual Lifestyle Educator, Writer

PROFILE

National Board-certified Health & Wellness Coach, National Academy of Sports Medicine certified Personal Trainer, and Firstline Therapy™-virtual Lifestyle Educator.

As an expert in the process of behavior change, I am looking forward to sharing energetic positivity with clients and our team.

CONTACT

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PUBLISHED

THINK HEALTH:

<https://thinkhealth.priorityhealth.com/?s=angela+chandler>

MICHIGAN WELLNESS COUNCIL:

<https://nwi.informz.net/informzdataservice/onlineversion/ind/bWFpbGluZ2luY3RhbmlaWQ9OTcyNjIzNCZzdWJzY3JpYmVyaWQ9MTE0Mjg5NDk1NA==>

SPECTRUM HEALTH – HEALTH BEAT:

<https://healthbeat.spectrumhealth.org/neighborhood-outdoor-fitness-during-covid/>

WORK EXPERIENCE

Priority Health/Spectrum Health 6.5 years:

Full-time board-certified Health Coach, byline Author for Think Health magazine, Group Fitness Leader for our employees, Healthy Lifestyles Ambassador & Community Volunteer

August 2015–February 2022

Mindfully improving individual's health implementing master coaching skills and redefining the word "impossible" one coaching connection at a time. Virtual, phone, email, and in-person communication. Worked closely with other departments including Diabetes Prevention Program care managers and Behavioral Health team, in honor of optimal member care.

St. Mary's Health Management Systems: 20 years:

Health and Fitness professional at East Hills Athletic Club and Michigan Athletic Club. Personal Trainer, Health & Wellness Coach, Group Fitness Leader, Lifestyle Educator, Cascade Hills CC – Fitness Center Manager.

January 1994–August 2015

Two decades experience of taking exceptional care of people - mind, body, and spirit, including, but not limited to members managing diabetes, cardiac conditions, pre + post bariatric, pregnancy, and hypertension. Developed and implemented progressive programming for member of all ages. Created an inclusive, positive, and inspirational atmosphere for members to connect and engage in their self-care.

EDUCATION & CERTIFICATIONS

Yale University: The Science of Well-Being – Spring 2022 course with Professor Santos – in progress
Group Coaching Basics 2022 via Wellcoaches
Mental Health First Aid® – certified 2021 <https://www.mentalhealthfirstaid.org/>
CQ Your Bias® https://culturalq.com/products-services/workshops/unconscious_bias/
American College of Lifestyle Medicine 18-hour course Coaching certificate - 2020 and 21.5-hour course Reversing Type 2 Diabetes and Insulin Resistance
University of Massachusetts – TTS Tobacco Treatment Specialist 2020
Lifestyle Medicine for Coaches by ACLM and Wellcoaches 2019
NBC-HWC / National board-certified-Health & Wellness Coach since 2017
FLT-LE / Firstline Therapy® Lifestyle Educator since 2013
Health & Wellness Coach – Wellcoaches certified since 2012
NASM - CPT / National Academy of Sports Medicine since 2007
AFAA – Group Fitness, Personal Trainer/Fitness Counselor 1994
Grand Valley State University – B.A. Communications/English Grad 1992

ADDITIONAL INDUSTRY MEMBERSHIPS

NWI / National Wellness Institute 2021
ACLM / American College of Lifestyle Medicine - 2020
ACSM / American College of Sports Medicine - 2020
Wellcoaches Health & Wellness Coach since 2012
I.D.E.A Health & Fitness Association - 2010
NASM / National Academy of Sports Medicine since 2007

STRENGTHS

- Learner – consistent education, knowledge seeker, curious, always open, and willing to improve
- Communicator – excellent verbal and written, empathetic – see PUBLISHED
- Organized – time manager, multi-screens, check lists, and a strong finisher
- Influencer – positivity, realistic, intuitive, caring, and practice healthy relationships

LEADERSHIP & COMMUNITY INVOLVEMENT

As an excellent motivator, my career has provided numerous opportunities to share inspiration and leadership skills.

- Diversity, Equity, & Inclusion Book club leader – 2020
- Guest lecturer at Grand Valley State University – October 2019
- Motivational speaker at EHAC and The MAC through St. Mary's Health Management
- Individual Investigator – submitted to HRRC for review and approval
- Served as preceptor, researcher, educator, and mentor – for GVSU graduate nursing student dissertation - clinical study of exercise intervention for osteoporosis education and prevention
- Group Exercise Leader and professional Personal Trainer – since 1994 to March 2022
- Program Lead – for team of Les Mills / Body Pump® instructors at EHAC and the MAC
- Volunteer for Spectrum Health sponsored Cancer Awareness 5k – Irish Jig
- March of Dimes – Volunteer work and Donation of Professional Services
- Grand Rapids Area Coalition to End Homelessness - Volunteer - Van Andel Arena

REFERRALS & LETTERS OF RECOMMENDATION

Upon request.

Thank you!