



**Position:** Bilingual Chinese-speaking Geriatric Fitness/Wellness Specialist

**Reports To:** Director of Fitness and Wellness

**Status:** Part-time, 18 hours per week

**Location:** Brighton Campus and Golda Meir House in Newton. *Please note: locations are accessible by public transportation*

**GENERAL SUMMARY:**

The Fitness/Wellness Program engages our residents in a meaningful experience, offering diverse choices of exercise, health & wellness and expressive therapy programs that contribute to healthy aging. The Geriatric Fitness/Wellness Specialist will work with our residents in classes and one-on-one sessions to support their fitness goals.

**ESSENTIAL JOB FUNCTIONS:**

- Facilitate and lead daily exercise classes for residents on the Brighton campus and at Golda Meir House. Upgrade and/or moderate level of exercise classes where appropriate.
- Teach specialized arthritis and balance exercise programs.
- Work one-on-one with residents in gym, when required.
- Conduct resident evaluations before resident participation in the Fitness & Wellness program for both supervised and unsupervised gym usage. This includes assessments, training and coaching on all gym equipment in order to assess resident competency, both cognitively and physically. Facilitate the resident gym key entry program in collaboration with resident's physicians, PT's and OT's
- Work with frail isolated residents in their apartment one-on-one in our "In Home" program. The goal being to bring residents into the gym and out of their apartments in order to minimize isolation and encourage socialization.
- Collect and update all medical information for each resident.
- Coordinate with residents PT's/OT's and other health care providers, for follow through on exercise and rehab protocol.
- Train and supervise Co-op students from Northeastern University.
- Train volunteers when required to assist with the Fitness & Wellness program.

- Monitor resident participation to be sure participation is kept consistent and at an acceptable level.
- Work closely with Fitness/Wellness Director, Manager, Resident Service staff and Fund Development.
- Research trends in healthy aging to exercise/health/wellness and nutrition.
- Administer new wellness programs and projects. These include expressive therapy programs such as music, art, dance and poetry.
- Collaborate with Fund Development on grant applications.
- Computer literate- word, excel, power point, file make pro.
- Other duties as assigned

**SUPERVISORY RESPONSIBILITY:** None

**PREPARATION, KNOWLEDGE, SKILLS AND ABILITIES:**

- Degree or Certification in Exercise Physiology and/or Exercise Science/Health & Fitness
- Entry-level position, with some experience working with elders or in the fitness field preferred.
- Excellent English, Mandarin and Cantonese verbal and written communication skills are required.
- Good interpersonal skills with ability to work well with older adults, fitness staff and all staff.
- This position requires a collaborative working style, in order to be a successful team member.
- Ability to listen and establish trust, and remain non-judgmental.

**Working Conditions/Physical Demands:** The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. While performing the duties of this job, the employee is regularly required to type, file or lift office supplies up to 20 pounds. The employee is frequently required to stand, talk and hear.

*The above statements are intended to describe the general nature and level of work being performed by people assigned to do this job. The above is not intended to be an exhaustive list of all responsibilities and duties required.*

*\*External and internal applicants, as well as position incumbents who become disabled as defined under the Americans with Disabilities Act must be able to perform the essential job functions (as listed) either unaided or with the assistance of a reasonable accommodation to be determined by management on a case by case basis.*

Qualified candidates should forward a cover letter and resume by email to [hrjobs@2lifecommunities.org](mailto:hrjobs@2lifecommunities.org); by fax to (617) 912-8469, or by mail to Human Resources, 2Life Communities, 30 Wallingford Road, Brighton, MA 02135. For further information about 2Life Communities and its Brighton Campus, see our website at [www.2lifecommunities.org](http://www.2lifecommunities.org). 2Life Communities is an Equal Opportunity Employer.