

# Nikki J. Carrion MA

~ Health Promotion Consultant ~

## Education:

MA	University of Northern Iowa	2008	Community Health Education Emphasis: Gerontology ~Magna Cum Laude graduate
BA	University of Northern Iowa	2002	Health Promotion ~Magna Cum Laude graduate

## Professional Experience:

### College-level Teaching:

2002-2004	University of Northern IA	Personal Wellness & Physical Education Instructor – Graduate Assistantship
2004-present	Hawkeye Community College	Personal Wellness & Physical Education Instructor

### Related Experience:

2000-present Fit Xpress LLC; co-owner ~ [www.fitxpress.com](http://www.fitxpress.com)

#### References:

1. Donna Harvey: Executive Director of Hawkeye Valley Area Agency on Aging; W'loo, IA. 319-272-2244
2. Chris Thomas: President of the IA Assoc. of Activity Professionals; Ames, IA. 319-233-0201

1989-2009	Covenant Medical Center; W'loo, Ia.	Fitness Trainer/Group Instructor	
2001	University of Northern IA	Global Health Corps	Health Promotion Mission - St. Lucia.
2000-2001	Cedar Valley (IA) Medical Spec.	Fitness Trainer/Group Instructor	

### Speaker Events:

2009	HCC Caregiver Conference	1)Steps to Better Balance 2)FUNctional FITness; Waterloo, IA.
2009	Nat'l Assoc. of Activity Professionals	1)Steps to Better Balance 2)Balancing Mind &Body: Albuquerque, NM.
2009	Amer. Assoc. of Therapeutic Rec.	Balancing Mind & Body
2009	MN Assoc. of Activity Professionals	FUNctional FITness: St. Cloud, MN.
2009	OH Resident Activity Personnel	1)Steps to Better Balance 2)FUNctional FITness (low function): Columbus, OH.
2008	N. CA Council of Activity Coord.	FUNctional FITness: Sacramento, CA.
2008	OH Resident Activity Personnel	FUNctional FITness (mid-high function): Columbus, OH.
2008	Nat'l Assoc. of Activities Professionals	FUNctional FITness: Orlando, FL.
2008	Stoncroft Ministries	Christian Women Move: Dike, IA.
2008	IA Assoc. of Activities Professionals	Steps to Better Balance: Ames, IA.
2007	IA Assoc. of Activities Professionals	FUNctional FITness: Ames, IA.
2005	Nat'l n4a Conference	FUNctional FITness: Bellevue, WA.
2005	NW Aging Assoc. Foundation	Movin' On Senior Lifestyle Expo: Spencer, IA.
2004	AARP	Step Up to Better Health: Cedar Falls, IA.
2004	UNI Panel Discussion	The Changing Face of IA: Cedar Falls, IA.
2004	HCC ~ Learning After 50 Group	FUNctional FITness: Waterloo, IA.

## Certificates:

2009	Maine University	A Matter of Balance Master Trainer
2009	National Exercise Trainer's Assoc.	Exercising with Hip & Knee Replacements
2007	University of Washington; WA	Enhance Fitness™ Master Trainer
2007	Stanford University; CA.	Chronic Disease Self-Management Master Trainer
2006	Cal State Fullerton; CA	FallProof: Balance & Mobility Coach
2006	National Exercise Trainers Assoc.	Yoga Instruction
1986-present	National Exercise Trainers Assoc.	Fitness Instruction
2000-present	National Exercise Trainers Assoc.	Personal Trainer
2005	Desert Southwest Fitness	Balance Instructor
2003	National Exercise Trainers Assoc.	Pilates Instruction
2002	University of Northern Iowa	Global Health

## Memberships:

2008-present	Int'l Council on Active Aging	Visioning Board Member
2006-present	IDEA	Member
2003-present	Int'l Council on Active Aging	Member
1986-present	National Exercise Trainer's Assoc.	Member

## Scholarships & Awards:

2003	University of Northern Iowa	Academic Scholarship Recipient (full scholarship)
2003	University of Northern Iowa	Graduate Assistantship Recipient (full assistantship)
2002	University of Northern Iowa	Academic Scholarship Recipient (full scholarship)
2002	University of Northern Iowa	Graduate Assistantship Recipient (full assistantship)
2001	Maude Michel Moore Scholarship	Academic Scholarship Recipient (transfer scholarship)

## Grants Received and/or Contracted to facilitate:

2007	Hawkeye Valley Area Agency on Aging: Iowa Healthy Links - \$250,000.00
2006	Harkin State-level Health Promotion Grant
2005-2006	Covenant Medical Center: Speaking of Women's Health - \$5,000.00
2005-2006	Meals on Wheels of America: Community Connections: Moving Seniors Toward Wellness - \$750,000.00

## Productions and/or Publications:

2004-present Words of Wellness: Community Service health column provided to various newspapers across a 10-county region.

\*Fit Xpress Productions:

2004-09	10 various functional fitness-type exercise DVD titles; produced with the specific needs of older adults in mind.
2008	7-DVD training module, with manual, specifically designed to assist activity/health professionals in their quest to empower older adults.
2009	Relax & Breathe home study, NCCAP-approved, CEC module.