

Renee M. Allen

Exercise Physiologist, Health Educator, Health Care Manager | Brighton, Michigan | (231) 330-5657 | renee4197@gmail.com

PROFESSIONAL PROFILE

Clinical Exercise Physiologist in hospital and private medical clinic settings, performing stress testing and exercise prescription. Community Health Educator for Michigan State University Extension serving youth, adult, and senior populations. Cardiac Rehab technician for hospital setting and supervisor for private physician group cardiac rehab program. Community Health Educator for corporations. ACSM Certified Personal Trainer and Licensed Massage Therapist in State of MI. General Manager of fitness centers.

COMPETENCIES, KNOWLEDGE, AND SKILLS

Clinical Leadership

- Fitness Director for multi-specialty group practice conducting stress testing, and health education to the corporate executive.
- ACLS certified by McLaren Northern Michigan Hospital, basic and advanced EKG certified. Certified ARC blood pressure screener.
- Keynote speaker to numerous audiences for health, nutrition and fitness presentations including the AMA conference in Arizona.
- Conference attendee at the Academy of Integrative Health and Medicine 2019.
- Coordinated North Country Community Mental Health wellness program, chaired 5K race and received performance award.
- Fitness Program Director, Certified by the Cooper Clinic of Dallas Texas.
- Serve Safe and Nutrition 123 certified Michigan State University Extension 2018.

Data Management

- Proficient with PEARS and Share Point for data collected in 8 Michigan State University Extension educational curriculums.
- Quinton Q45 Treadmill operation and patient data management in Electronic Medical Records Athena and Kareo.
- Proficient with Microsoft Office 365, Word, PowerPoint, Excel.
- Proficient with Sales Force and Yardi
- Consumer data management in Avitar for client health progress of goals, notes billed to Medicaid for mental health services.

PROFESSIONAL EXPERIENCE

Practice Manager

Integrative Cardiovascular Health and Wellness - Petoskey, MI 2019-2020

Strategic planning of business with physician owners. Training of staff on MIPS and office procedures. Responsible for daily operations and budget. Leader on organization of monthly staff meetings, follow up and capacity building of practice.

Community Fitness and Nutrition Instructor

Michigan State University Extension (MSUE) – Petoskey, MI 2017-2019

Development and recruitment of community partners in Emmet and Charlevoix counties, building successful relationships conducting nutrition and physical activity education through the Supplemental Nutrition Assistance Program grant. Experienced presenter.

Health Coordinator

North Country Community Mental Health (NCCMH) – Petoskey, MI 2012-2015

Health and Exercise Coach for mental health clients. EKG, blood pressure, O2 saturation monitoring, goals, and outcome health measurements. Managed consumer care, risks, data collection, notes for billing to Medicaid. Committee chair of agency 5 K race.

Owner, President

The Wellness Institute – Harbor Springs, MI 1998-2012

Operational management of business as well as clinical partnership with board certified internists to conduct premier medical experience for executive physicals. As exercise physiologist, I performed stress testing and health education for customers.

Program Director

Burns Clinic Executive Health Clinic – Harbor Springs, MI 1990-1998

Exercise physiologist performing stress testing and managed clinical operations. Managed clinical preventive medicine facility and daily operations for prominent 100-million-dollar medical practice. Coordinated scheduling, training, and communication within the physician practice. Coordinated community outreach health screenings for the adult corporate population.

Exercise Physiologist

Sturgis Hospital - Vicksburg, MI 1985-1987

Monitored patient's blood pressure, telemetry EKG, phase three and four cardiac rehab. Encouraged progress of patient's fitness and rehab goals. Team player collaborating with nursing staff and physician director.

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EDUCATION, CERTIFICATIONS, PROFESSIONAL DEVELOPMENT

Michigan State University, East Lansing, Michigan

Master of Science, College of Agriculture and Natural Resources 2013

Major: Sustainability

Special Attainment: Honors Graduate, Sherman Scholarship Recipient, Community Engagement Specialization Certificate

Western Michigan University, Kalamazoo, Michigan

Master of Arts, College of Education 1985

Major: Exercise Science

Special Attainment: Honors Graduate, Graduate Teaching Assistant

Western Michigan University, Kalamazoo, Michigan

Bachelor of Science, College of Education 1984

Major: Health Education and Recreation Management

Special Attainment: Honors Graduate, Collegiate Scholarship Athlete Basketball

Basic Cardiac Life Support, AED and Safety – American Heart Association 2021

Advanced Cardiac Life Support – McLaren Northern Michigan Hospital 2018

Fitness Director Certified at Cooper Clinic, Dallas Texas

American College of Sports Medicine, Member, and Certified Personal Trainer 2021

CHES Certified Health Education Specialist 2021

Spartan Leadership Experience 2019

National Serve Safe Certified 2019

Sales Training ENGAGE Process 2016

Non Violent Crisis Intervention Training (NCCMH) 2012

Motivational Interview Training (NCCMH) 2013

Education Teaching Workshops and Portfolio for Graduate Students MSU 2012

Facilitative Leadership Certified Michigan State University 2011

Community Engagement Certified Michigan State University 2011

Moderator Training Certification Michigan State University 2010

Grant Writing Certification MSU and Instructor for Communication Classes 2010

Hobbies and Interests

I enjoy a highly active lifestyle including cross country skiing, snowshoeing, cycling, hiking, stretching and Pilates, basketball, boating and fishing. I am a lifelong learner and enjoy reading and Ted Talk podcasts that encourage self-care and personal best strategies.

Training Awards and Experience: Division 1 scholarship athlete At WMU, Second place finish in Grand Rapids 24 hour bicycle marathon (236 miles), successfully trained two female clients to 1st and 4th place finish in Michigan's State Body Building Championship, trained and mentored my son to Division 2 tennis scholarship LSSU (2015), trained clients and received employment recognition at NCCMH 2014.