**Lynne Kinson, M.S.**

(208) 755-2437

 lakinson@lcmail.lcsc.edu

**PROFESSIONAL SUMMARY**

* Enthusiastic Wellcoaches**™** Certified Health and Wellness Coach who empowers individuals to identify and implement lifestyle changes to improve their overall health
* Multi-dimensional health professional with a strong background in diabetic education, nutrition education and disease management
* Outstanding leader, educator and sales professional with exceptional education, coaching and decision making skills who thrives on success
* BSN student at Lewis Clark State College, Lewiston, ID Graduation 12/2016

**Areas of Expertise**

Wellness Program Development

Health and Nutrition Education

Biometric Screening

Smoking Cessation

Diabetes Education and Management

Cardiovascular Disease

Osteoporosis

Hypertension

**PROFESSIONAL EXPERIENCE**

**Health and Wellness Coach, Nutrition Educator, Wellness Program Provider 2011 - 2014**

 ***Diabetes Free Zone and North Idaho College, Coeur d’Alene, ID***

* Marketed and taught a successful community Diabetes Wellness Program in which 85% of participants lost weight, 96% reduced their A1C readings, and 65% reduced their cholesterol or blood pressure
* Designed, implemented, taught and evaluated a successful eight week nutrition and wellness program for North Idaho College Students, showing significant behavioral changes and health improvements
* Designed, implemented and evaluated Employee Wellness Program which improved health, reduced risk of disease and medical costs
* Coached individuals for weight loss, blood pressure and cholesterol reduction, increased activity, and improved blood sugar control
* Conducted Biometric screening for North Idaho College, Summit Health, Screen Pointe and Wellness Corporate Solutions which included Cholestech LDX analyzer, blood pressure, and body composition
* Counseled individuals on biometric measures and assisted clients in developing achievable behavior goals
* Created and facilitated broad based community health education classes on nutrition and disease prevention

**Wellness Coordinator 2008-2010**

***Helbling Employee Benefits, Coeur d’Alene, ID***

* Managed a comprehensive wellness program for an insurance broker serving a clientele of over 14,000
* Developed, implemented and instructed programs targeting heart health, cholesterol reduction, cancer prevention, and osteoporosis providing participants with action steps to improve their health
* Planned, organized and managed wellness fairs for 250+ people and 45 vendors
* Facilitated North Idaho Cancer Coalition colorectal screenings and community education activities
* Spearheaded a research study in partnership with the University of Idaho, North Idaho College and Exercise Institute, on the effects of nutrition education and slow resistive exercise on metabolic syndrome risk factors
* Organized mission-centered wellness committees for businesses and school districts in North Idaho
* Facilitated North Idaho Cancer Coalition colorectal screenings and community education activities

**Technical Sales Representative 2004-2007**

***Inverness Medical Professional Diagnostics, Coeur d’Alene, ID***

* Marketed and sold Point of Care products to hospitals, labs, and physician’s offices in North Idaho, Eastern Washington and Montana
* Performed technical demonstrations in a clinical setting while educating physicians, nurses and laboratory staff on current technology and accurate method of use
* Generated outstanding medical sales and achieved ranking in top 20% of peers
* Awarded President’s Club standing, 2005

**Cardiovascular Disease Management Specialist 2001-2003**

***Qmed Interactive Heart Management, Inc.***

* Initiated contact with over 275 physicians to gather program participants
* Compiled medical data from charts for a comprehensive disease management program
* Demonstrated patient centeredness during monitor hook-ups and patient education sessions

**Exercise Physiologist, Cardiac Rehabilitation and Wellness Programs 1995-2000**

***Gritman Medical Center, Moscow, ID***

* Administered comprehensive cardiac rehabilitation program
* Monitored and educated patients in areas including cardiac, pulmonary, osteoporosis, and diabetes
* Assisted physicians with diagnostic tests including stress tests and stress echoes
* Managed and trained graduate, undergraduate and pharmacy students from the University of Idaho and Washington State University
* Created and delivered cardiovascular disease prevention, cardiac rehab, and wellness program courses for the University of Idaho, Washington State University, and the WWAMI
* Developed, conducted and evaluated a comprehensive wellness program for employees
* Two time recipient of “Outstanding Team of the Quarter”

**Health and Fitness Administrator II 1991-1995**

***The Boeing Aircraft Company, Seattle, WA***

* Administrator of a 50,000 sq. foot Boeing Health and Fitness Facility serving 3,500 participants
* Provided participant medical screening, lifestyle and risk counseling, fitness assessment, monitoring and exercise prescription
* Performance Excellence Team Award for the Boeing Health Expo 1994

**EDUCATION**

**BSN Program (current student)** Course work follows: American Association for Collegiate Nursing (AACN Essentials) and American Nursing Association Standards (ANA)

*Lewis Clark State College, Lewiston, ID*

**Masters of Science in Physical Education, Exercise Physiology**

*University of Idaho, Moscow, ID*

**Bachelor of Science in Home Economics Education, Health and Coaching Minors**

*University of Idaho, Moscow, ID*

**RESEARCH**

**University of Idaho, 1991**

* “The Effects of Dietary Modification, Nutrition Education, and Exercise on Selected Fitness Parameters on College Aged Females”

**American College of Sports Medicine, Dallas TX, 1991**

* Presented “The Effects of Dietary Modification, Nutrition Education and Exercise on Selected Fitness Parameters on College Aged Females”

**PROFESSIONAL CERTIFICATIONS**

* **ACSM Health Fitness Specialist**, 1991-2016
* **Wellcoaches™ Health Coach,** 2011-2017
* **Wellcoaches™ Wellness Coach**, 2011-2017
* **Certified Nursing Assistant** 2013-2015