Part-time Exercise Trainer for “Positive Minds – Strong Bodies Project”

We are looking for individuals with experience leading group exercise programs to lead an exercise intervention with older adults (aged 60+) as part of a research study led by NYU Center for the Study of Asian American Health (CSAAH) and Massachusetts General Hospital in partnership with Chinese-American Planning Council (CPC) - Brooklyn.

Position Summary:
The aim of the Positive Minds – Strong Bodies Project is to evaluate the effectiveness of a cognitive behavioral therapy psychoeducation and physical activity intervention to improve physical and emotional health among minority older adults. The Exercise Trainer will collaborate with the research teams to provide an exercise intervention designed to improve strength and mobility and decrease physical disability among older adults. The Exercise Trainer leads exercise sessions for groups of participants, including older adult individuals (aged 60+) with different fitness levels and medical concerns.

The Exercise Trainer will be required to conduct the following activities:
- Interface with study staff, agency staff, and older adult clients to provide 3 one-hour exercise intervention sessions per week at Chinese-American Planning Council in Brooklyn and maximize client retention;
- Track session adherence and participant progress and attendance;
- Work with project exercise leader to ensure relevance to the diverse study populations and to individual community-based settings;
- Attend bi-weekly supervision calls with a nationally-recognized expert in the provision of exercise interventions among older adults;
- Attend 1-day training.

Qualifications:
- Experience leading group exercise programs, preferably in community-based settings and with older adult (aged 60+) populations;
- Fluency in reading and speaking Cantonese Chinese and/or Mandarin, a plus
- Self-starter with excellent organizational and communication skills;
- Travel to Chinese-American Planning Council in Brooklyn, NY.

Required License:
- BLS (Basic Life Saving)/CPR certification required.

Please send a cover letter and resume to Rebecca Park at rebecca.park@nyumc.org

More about Chinese-American Planning Council (CPC):
Chinese-American Planning Council, Inc.’s mission is to serve the Chinese-American, immigrant and low-income communities in New York City by providing services, skills and resources towards economic self-sufficiency.

More about NYU Center for the Study of Asian American Health (CSAAH):
NYU CSAAH is a partnership of the NYU School of Medicine, Department of Population Health, Section on Health Equity, several healthcare and public hospital organizations and community and government partners. CSAAH’s mission is to reduce health disparities in the Asian American community through research, training and partnership.