

# THE AVENGERS OF HEALTH!

Ron Jones, Corporate Wellcoach and Kinesiologist, is the founder of The Lean Berets, podcast radio show co-host/production engineer, and webmaster. Ron and The Lean Berets provide wellness, injury prevention, and health promotion for corporations, organizations, and community groups.

Ron is also a credentialed teacher and has served as an endurance cycling consultant/race official and presented at state and national conventions on corporate wellness and bicycle/pedestrian safety.

## EDUCATION:

- MS, Kinesiology/Sport & Exercise Psychology
- BA, English Literature
- BA, Physical Education
- Secondary Clear Teaching Credential (English, PE, Health Science)

## LICENSURE / CERTIFICATIONS:

- Licensed Corporate Wellcoach
- ACSM Health Fitness Specialist
- Z-Health Movement Coach
- Primal Move Instructor
- Barefoot Rx Rehab Specialist

## PROFESSIONAL EXPERIENCE:

- Corporate Wellcoach Consultant
- K-12/Collegiate Educator & Sport Coach
- Radio Talk Show Host/Health & Fitness
- Collegiate Football Conditioning/Sport Psychology

## ATHLETIC:

- Race Across America-Team Champs (1995 & 1996)
- Race Across America-Team World Record (1996)
- Biathlon All-American Team (1992 & 1993)
- Furnace Creek 508 Ultracycling Hall of Fame
- United States Cycling Federation-Category II Road

## SPECIALIZED TRAINING / INTERESTS:

- Bonnie Prudden Myotherapy
- History of Fitness/Physical Culture
- RKC Level I Kettlebell

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# RON JONES



[www.TheLeanBerets.com](http://www.TheLeanBerets.com)