

Wendy K. Smith, PhD.

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<http://www.agelessqigong.com>

Health and Wellness Instructor

Core Competencies

- ACSM personal trainer at multiple facilities working to improve fitness and health.
- Trained and certified in both Eastern and Western techniques for physical, mental and spiritual well-being.
- Experienced facilitator and trainer focused on student success in a wide variety of wellness classes including Stress Management, Personal training, Meditation, Tai Chi, Yoga, Aquatics, Qigong, Arthritis Exercise, and Group Exercise. Provides customized DVD instruction in Tai Chi and Qigong.
- Dynamic classroom instructor of stress management and wellness skills to adult and community college students with substantial life issues. As a result of the class, students achieved measurable weight loss, with significant attitude and academic improvements.
- Successfully improved physical lifestyles and mental well being of a diverse population through wellness classes, equipment training, Tai Chi/Qigong, and water aerobics at a variety of facilities including the Legacy, St John's Home, YMCA, Harro East Athletic Club, MCC, Coopervision, etc. Especially effective with disadvantaged young adults.
- Active older adult coordinator for the Monroe and SW Family YMCA. Responsible for planning, organizing and directing active older adult programs that addressed the physical, social, environmental, occupational, and wellness of seniors.

Certifications

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| • ACSM Personal Trainer | • Group Exercise Instructor (YMCA) |
| • Tai Chi for Arthritis (Sun style), Qigong Instructor | • Cardio and Step Instructor |
| • Silver Sneaker levels 1 and 2 (Circuit and Classic) | • Yin Yoga Instructor |
| • Silver and Fit, Silver Splash Instructor | • Water Fitness Instructor (AEA) |

Additional skills

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| • Meditation Techniques | • Active listening |
| • Mindfulness stress reduction | • Chair Yoga |
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Education

M.S. – Communication, Newhouse School, Syracuse University, Syracuse, NY

M.A. - Cultural Anthropology, Sorbonne, Paris V, Paris, France

Professional Experience

ACSM personal trainer
YMCA Rochester, NY

2018-present

- Designed and implemented structured classes for YMCA members in program exercise, eating for health, weight loss, flexibility, working with clients of all ages as well as those in Livestrong and Heart Health programs, resulting in better member health, particularly in arthritis, mobility and blood pressure improvements and strength training. Excellent, positive feedback from clients.

Stress Management Instructor

BOCES #1, 41 O'Connor Road, Fairport, NY 14450
RIT Wellness Center, Rochester, NY 14623

2010-present

University of Rochester Wellness Center (Well-U) Rochester, NY 14627

- Designed and implemented structured classes for BOCES employees in relaxation, meditation and stress management techniques, resulting in more productive work days and better employee health and sense of well-being. Feedback directly from participants and sponsor was resoundingly positive.

Active Older Adult Coordinator

2017-2018

YMCA Rochester, NY

- Designed and implemented structured classes for YMCA members in Alzheimer's programming, Eating for health, Grieving workshops, holiday events, Tai Chi, Qigong and meditation, resulting in better member health, particularly in arthritis, mobility and blood pressure improvements. Excellent, positive feedback from participants and sponsors.

Stress Management Instructor

2007-2008

MVP Health Care, Rochester, NY.

- Designed and implemented structured classes for MVP Health Care employees in relaxation, meditation and stress management techniques, resulting in more productive work days and better employee health and sense of well-being. Feedback directly from participants and sponsor was resoundingly positive.

Adjunct Faculty

2012-2014

Monroe Community College, Health and Physical Education Department, Rochester, NY.

- Taught stress management to a diverse student population of 35 students, where 90% committed to change dietary and/or exercise routines. Following up with students, their successes resulted in better health and control of issues such as diabetes. 100% of students committed to at least one stress management technique on a daily basis.

SUNY at Brockport, Film Studies Program/English Department, Brockport NY.

2019-2020

- Teaching Documentary Film class using online and group exercises, screenings and lecture, incorporating aesthetic, social and technical issues.

Hobart and William Smith Colleges, Geneva, NY

2011-2013

- Taught Documentary Film History and Production using lecture, group exercises and screenings, incorporating theoretical, ethical and technical issues within a historical. Context. Students in undergraduate production class went on to renowned graduate film departments and many got their films into film festivals.

SUNY at Brockport, Anthropology and Art Department, (Visual Studies Workshop),

Brockport NY. 2007-2009, 2013

- Taught Ethnographic Film for the Anthropology Department and Digital Media II and Documentary Film workshops summers (1998-2000, 2004-2007, 2009)
- Organized and designed lecture/screening class addressing theoretical, historical, technical and ethical issues related to this type of filmmaking.

Rochester Institute of Technology, Film Department, Rochester, NY

2004

Taught Ethnographic Film History using lecture, group exercises and screenings, incorporating Theoretical, ethical, and technical issues within a historical context.

Selected Publications

"A cultural history of the portrait," *Bibliothèque Nationale*, Paris 1994. 400pp.

"La question des taux d'échange dans les systèmes, *kula et gimwali* des îles Trobriand," (Exchange systems in Melanesia (the Trobriand Islands) *Journal de la Société des Océanistes* (No 76, June 1983).

"Voyages et Decouvertes,"(Travel and cultural exchange) *Sciences et Loisirs* (No10, April 15-30, 1983).

Reference Portfolio

Colleen Varney, Lifestyle Director
Legacy at Park Crescent

cvarney@legacyparkcrescent.com

Wendy contacted me about her classes and I am so glad she did! My residents love her class, and we recently increased the number of times her class is offered at my community in response to their enthusiasm. Residents share with me that Wendy is a kind and insightful teacher. She listened to my goals for my residents with this class and was able to tailor her exercises and program to meet my residents' needs. Wendy's enjoyment of working to help my residents improve balance and coordination is evident in all that she does. My residents truly love her class and I highly recommend her.

Migdalia Rivera, Program Assistant, Health Promotion
MVP Health Care

mriviera@myphealthcare.com

Wendy is a warm, energetic, and skilled teacher and facilitator. She has great intuition for sensing what people need and she challenges students in a way that is kind, appropriate and motivating. She goes above and beyond in helping others and caring about their progress and health.

Wendy is an expert in her field and an inspiration to anyone who wants to learn and grow. Her commitment to help her seniors is evident in all that she does. She consistently goes above and beyond the call of duty to do the right thing for her students.

Karen Kunow, Aquatics Director
YMCA of Greater Rochester

karenk@RochesterYMCA.org

Wendy is an exceptionally effective water fitness instructor at the YMCA. She displays a positive attitude, friendly personality and possesses a great deal of energy. These aspects generate enthusiasm at all levels within her classes. She is especially adept in dealing with people. She is a concerned and caring leader who is respectful of each individual in her classes. Wendy is confident of her topic, displays superior knowledge of her subject and delivers well-planned, smoothly executed instruction.

Claudia Williams, OTR

claudiaw@rochester.rr.com

Wendy is a skillful teacher of Qigong and fitness. She is able to tailor classes to meet the varying needs of her clients. She is professional, experienced, easy to work with, and always looks for the positives.

I've taken Qigong with Wendy Smith for the past 6 years. I started just before being diagnosed with PMR (polymyalgia rheumatica). I appreciated how she always encouraged our class to practice at home; offering handouts and teaching individual forms that could be practiced independently after one session. This allowed us to gain the benefits of increased mobility and decreased blood pressure from day one. She has made herself available to answer questions and provide direction for our individual concerns.

I have been able to regain mobility and decrease my blood pressure through my Qigong practice under Wendy's instruction.

I highly recommend Wendy Smith.