



SLI NEURO-FIT

Supportive Living Inc. | Brain Injury Programs

Supportive Living Inc. Neuro-Fit Assisted Exercise Internship

Intern Role: Assist with delivering a physical fitness program designed to improve the quality of life of survivors of acquired brain injury (ABI).

Summer Program Dates: 5/30/23-8/11/23

Fall Program Dates: 9/11/23-12/8/23

STUDENTS CAN APPLY FOR ONE OR MULTIPLE OF THE FOLLOWING LOCATIONS:

- **SLI Neuro-Wellness Center, 7 Oakland St., Lexington, MA**, Monday through Friday (minimum of 2 days/week), 11:30am-4:15pm
- **SLI McLaughlin House Residence, 333 Park St, North Reading, MA**, Tuesdays & Thursdays, 2:30pm-4:30pm
- **Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead, MA**, Tuesdays & Thursdays, 9:30am-1:30pm
- **Andover/North Andover YMCA, 165 Haverhill St, Andover, MA**, Tuesdays & Thursdays, 1:30pm-4:30pm
- **Glen T. McLeod / Cape Ann YMCA, 7 Gloucester Crossing Rd, Gloucester, MA**, Mondays & Wednesdays, 9:30am-1:30pm

Job Description: Neuro-Fit provides long-term fitness solutions to brain injury survivors looking to stay healthy and active throughout their recovery. Neuro-Fit Interns work alongside the Neuro-Fit staff to create and implement individualized exercise programs. Interns receive rigorous training and education on brain injury in the context of exercise and continuous recovery. This position is ideal for students looking to practice and perfect their patient interaction skills while learning useful strategies for graduate school and a future career in the healthcare field. Interns will be hands-on, working with participants of the program, demonstrating, and administering exercises from their routines. Interns will also complete periodic projects to supplement the learning objectives of the internship.

Commitment: This position will be 2-3 times a week for a total of up to 180 hours of hands-on experience. Please note the internship is an unpaid position. A multiple-site internship may be ideal for students looking to surpass 180 hours/semester. A full-time (30+ hour/week), unpaid internship can also be explored upon request.

Qualifications:

1. Students should be in a related health field of study which include, but not limited to: exercise physiology, exercise science, kinesiology, physical therapy, occupational therapy, health studies, neuroscience, psychology, etc.
2. Comfortable in an exercise/gym setting; prior experience in a fitness setting is preferred.
3. Looking to gain a basic understanding of, and comfort working with individuals living with a brain injury.
4. Able to work both independently and as part of a team while effectively following the training guidelines established by Neuro-Fit staff.
5. Able to assist in monitoring participant outcomes by recording health data that will be applied to improving the Neuro-Fit program.
6. Are motivated, dedicated individuals who are looking to get a unique experience with a special population.

To learn more about Supportive Living, Inc. and this internship, visit: <https://www.supportivelivinginc.org/internships/>

To apply for the internship, please send an updated resume and Summer 2023 weekly availability to Emily Willson, Neuro-Wellness Assistant Manager at ewillson@supportivelivinginc.org.