



# ***Meet Coach RJ***

I'm a Corporate Wellcoach based in Los Angeles. I work with corporations to keep employees healthy and control healthcare costs. Being "Well @ Work" increases productivity and profitability for companies in today's competitive marketplace--a great Return On Investment!

There are NO harmful "side effects" to good health—just positive benefits. Invest in your human capital today—**Be Well!** ☺

# **Bio**

- MS-Kinesiology/Sport Psychology
- BA-Physical Education/English Literature
- Founder, TheLeanBerets.com
- ACSM Health Fitness Specialist
- Licensed Corporate Wellcoach
- RKC Kettlebell Instructor
- Z-Health Movement Coach
- Teaching Credential: PE, Health, English
- Bi-Athlon All-American
- Race Across America Cycling Champion
- Collegiate All-Conference X-Country

# ***Specialties***

- Behavior-Based Wellcoaching
- Injury Prevention/Corrective Exercise
- Functional Joint Mobility
- Posture & Ergonomics
- Spinal Stability
- Shoulder Conditioning
- Fitness Training
- Mental Skills Training
- Health Presentations



# Press Coverage

- Fox News: Your World with Neil Cavuto
- The LA Times
- Playboy Magazine
- Atlanta's Jezebel Magazine
- Atlanta Sport & Fitness Magazine
- Bicycling Magazine
- *Bike For Life: How To Ride To 100* by Roy Wallack
- Disney's FamilyFun Magazine
- ESPN
- NSCA Strength & Conditioning Journal
- The Outdoor Channel
- *Total Body Transformation* by Steve Ilg
- Triathlon Today!
- Ultra Cycling Magazine
- WebMD
- Velo News

# ***National Presentations***

- USA Olympic Training Center
- USA Track & Field Elite Development
- Institute of Health Productivity & Management
- Wellcoaches Corporation
- League of American Bicyclists

# **Contact Wellcoach Ron Jones**

## **Valencia, CA**

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***“The first wealth is health.” --Emerson***

Get Fit.  Be Strong.

