

University Internship,

United Fitness Center is a service of Skagit County Public Hospital District 304 located in Sedro-Woolley, Washington. The Fitness Center at United General has been providing safe, personalized, and effective exercise instruction for the residence in Skagit County and the surrounding area for over two decades.

United Fitness Center provides paid stipend internship opportunities for students majoring in Kinesiology and Exercise Science. Students seeking internships can expect to gain valuable experience working hands on with people in a variety of fitness and active living programs. Programs include senior fitness classes, personal training, senior strides nature walks, Yoga for Every Body, Trek for Treasure, and other community events that support and encourage increased physical activity.

Students will also gain practical experience working with our special populations. United Fitness Center offers specialized exercise programs for people with various medical issues including heart disease, lung disease, diabetes, arthritis, osteoporosis, hypertension, high cholesterol, balance issues, muscle weakness, and other physical limitations. Interns will learn how to develop and administer customized exercise programs to meet members personal health and fitness goals.

Additionally, interns will gain experience working in all aspects of running a fitness facility including initial client consultation and evaluation, membership sales, administration, safety, and legal issues.

Students interested in pursuing an internship at United General Hospital District 304 are encouraged to submit a letter of interest to mark.pearson@unitedgeneral.org.

Sincerely,

Mark Pearson

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Building Healthier
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Active Living



Community & Professional Education



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Healthy Eating



Thriving Children & Families



Stewarding Assets & Opportunities