



SLI NEURO-FIT

Supportive Living Inc. | Brain Injury Programs

Supportive Living Inc.

Fall 2024

Neuro-Fit Assisted Exercise Internship

Program Dates: 9/9/24-12/13/24

Internship 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. 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.

Internship Outcomes: 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 and/or wellness industry. Interns develop various professional skills including time management, adaptability, and communication.

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.

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
- **Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead, MA**
 - Tuesdays & Thursdays, 9:30am-2:30pm
- **Andover/North Andover YMCA, 165 Haverhill St, Andover, MA**
 - Tuesdays & Thursdays, 12-4:30pm
- **Greater Beverly YMCA, 254 Essex St, Beverly, MA**
 - Mondays & Wednesdays, 9:30am-2:30pm
- **SLI McLaughlin House Residence, 333 Park St, North Reading, MA**
 - Tuesdays & Thursdays, 2:30-4:30pm

Qualifications:

1. Students should be in a related field of study which include, but not limited to: exercise science, kinesiology, health studies, neuroscience, psychology, etc.
2. Looking to gain a basic understanding of, and comfort working with individuals living with a brain injury.
3. Able to work both independently and as part of a team while effectively following the training guidelines established by Neuro-Fit staff.
4. Able to assist in monitoring participant outcomes by recording health data that will be applied to improving the Neuro-Fit program.
5. 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 Fall 2024 weekly availability to Hannah Tjalsma, Neuro-Wellness Outreach Coordinator, at htjalsma@supportivelivinginc.org.