

LAUREN MATHESON RYAN

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EDUCATION

MASTER OF SCIENCE IN EXERCISE SCIENCE

Arkansas State University, 2014

BACHELOR OF SCIENCE IN HEALTH PROMOTION

Arkansas State University, 2012

AWARDS

OUTSTANDING ALUMNI AWARD

From the Department of Health, Physical Education, and Sports Sciences at Arkansas State University for professional contributions in the field and to the university, 2018

PRESENTATIONS

CREATE@STATE RESEARCH SYMPOSIUM

Presented "A Comparison of Worksite Wellness Incentive Programs in Terms of Exercise Adherence" Proposal, 2013

EXPERIENCE

INSTRUCTOR OF EXERCISE SCIENCE • ARKANSAS STATE UNIVERSITY

2026-PRESENT • Instruct academic courses in the Department of Kinesiology.

ADJUNCT INSTRUCTOR • ARKANSAS STATE UNIVERSITY

2016-2026 • Instruct academic courses in the Department of Health, Physical Education, and Sports Science.

HEALTH CLUB COORDINATOR • HYTROL CONVEYOR COMPANY

2014-2020 • Provide wellness programming for employees and their family members including group exercise, personal training, health and wellness education, employee safety and injury prevention, and maintenance of all aspects of the onsite health club.

INTERIM DIRECTOR • ARKANSAS STATE UNIVERSITY, DEPARTMENT OF WELLNESS & HEALTH PROMOTION

2012-2013 • Planning and implementation of wellness and health promotion programs and activities for the faculty, staff, and retirees of the Arkansas State University.

CERTIFICATIONS

AMERICAN COLLEGE OF SPORTS MEDICINE

2012 – Present • Certified Personal Trainer

AEROBICS AND FITNESS ASSOCIATION OF AMERICA

2011 – Present • Primary Group Exercise Instructor

AMERICAN RED CROSS CPR/AED

BEACHBODY LIVE

PiYo LIVE, INSANITY LIVE, TurboKick LIVE, P90X Live, Country Heat LIVE