

KAREN TANNER BYRD

Experience

- TRAINING BY TANNER – Carmel, Warsaw & Syracuse, Indiana 2006-Present
Creator/Trainer
Designed in-home corrective exercise training service in Marion, Hamilton and Kosciusko Counties. Developed personal website as a marketing tool. Taught educational seminars on orthopedic and fitness topics including hip, knee, & spine injuries. Implemented personalized program design to meet the unique needs of each client.
- YMCA OF GREATER FORT WAYNE CORPORATE OFFICE – Fort Wayne, Indiana 2008-2009
Community Wellness Director
Facilitated a monthly community committee (represented by: local hospitals, Allen County Health Department, insurance companies, and City-County representatives) on the design and implementation of local policies to support healthy living in Fort Wayne. Presented association policy proposals and implementation plans to board members, director's cabinet, and product development teams. Designed and implemented corporate membership sales program. Collaborated with marketing department to establish appropriate materials for distribution. Consulted several corporate wellness committees in Fort Wayne on future movements within their organization.
- FIVE SEASONS SPORTS CLUB – Indianapolis, Indiana 2002-2008
Sales Team/Senior Personal Trainer
Conducted ongoing educational seminars for trainers on a variety of biomechanical topics including shoulder and spinal stabilization/rehabilitation to strengthen their education and professionalism. Regularly worked with medical professionals to establish solid referral relationships within the medical community. Solely responsible for selling and marketing towards my own client base. Developed a strong personal marketing pyramid to achieve new and retain current clientele.
- INDY JUNIORS CLUB VOLLEYBALL - Indianapolis, Indiana 2005-2007
Strength, Quickness, & Agility Coach (SQA)
- METHODIST SPORTS MEDICINE - Indianapolis, Indiana 2005-2006
Assistant Athletic Trainer
Worked regularly with the orthopedic doctors and staff at the clinic to develop rehabilitation and treatment programs for the athletes. Established solid referral relationships in the orthopedic community.
- TAYLOR UNIVERSITY – Upland, Indiana 2003
Adjunct Professor/Assistant Athletic Trainer
Taught fitness and wellness courses in a classroom with fifty students at a liberal arts university.
- KENNEDY SPACE CENTER (REHABWORKS) – Cape Canaveral, Florida 2000
Intern
Worked under the Life Science Support Contract at NASA, providing rehabilitation and injury evaluation for Kennedy Space Center employees and Cape Canaveral Air Force Base.
- HEALTH FITNESS CORPORATION (LEO BURNETT's REVISIONS FITNESS) – Chicago, Illinois 1998
Intern

Education

- M.A. – Ball State University, Muncie, Indiana 2002
Wellness Management/Business Minor
- B.S. – Taylor University, Upland, Indiana 2000
Sports Medicine /Athletic Training

Certifications, Licensures, & Other Education

- NATABOC (National Athletic Trainers Association Board of Certification) - Certification number: 030102058
NASM-PES – National Academy of Sports Medicine, Performance Enhancement Specialist
RTS Lecture (Resistance Training Specialist) – Northwestern University – April 29-30, 2006
MAT Jumpstart (Muscle Activation Technique) Lower Extremity – June 24-25, 2006
MAT Jumpstart (Muscle Activation Technique) Spine and Trunk – November 4-5, 2006
LMA-Certified Nutrition Specialist – November 2008