
Cynthia Walton

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EDUCATION

Texas A&M University | Bachelor of Science, Kinesiology - specialization in Exercise Physiology | College Station, TX

PROFESSIONAL EXPERIENCE

Exercise Physiologist | Fit Kids of Arizona - Northern Arizona Healthcare | Flagstaff, AZ *August 2010 to March 2017*

- Provided exercise counseling, education and instruction to more than 800 diverse, overweight patients, ages 2-18 years old, and their families
- Promoted behavior change resulting in an average of 10.2% improvement in cardiovascular fitness for patients
- Performed assessments such as body composition testing via bioelectric impedance analysis and fitness testing via Rockport Walk Test
- Conducted individual and group exercise sessions including Alter G antigravity treadmill exercise sessions
- Collaborated with Fit Kids staff to create and promote clinic and community events such as health fairs, summer camps and an annual fun run
- Developed incentive plan for increase in patient retention rates
- Designed and implemented a Fitbit program to collect objective data and assist with goal setting
- Coordinated with community businesses and organizations for partnerships and donations
- Provided community education through schools, after school programs and community events

Personal Trainer/Medical Exercise Specialist | St. Mary's Center for Health & Fitness | Reno, NV *January 2010 to July 2010*

- Performed fitness orientations and assessments for new members
- Developed personalized exercise plans for clients - primarily overweight and senior members
- Conducted beginner exercise class and lunch time walking group for St. Mary's employees
- Conducted cardiac fitness classes designed for fitness center members with cardiovascular interventions and completed phase II cardiac rehabilitation
- Fitness floor representative - greeted and addressed member concerns, maintained cleanliness of facility and provided first aid, if needed

Exercise Physiologist | Children's Heart Center of NV | Reno, NV

December 2006 to December 2009

- Provided exercise education and instruction in a group and one-on-one setting
- Collected data for research purposes including fitness testing, body composition testing and anthropometrics
- Designed and implemented exercise prescriptions for children 8-18 years old
- Monitored and coordinated scheduling between Healthy Hearts staff and the cardiology clinic
- Conducted exercise stress tests

Exercise Physiologist | St. Luke's Episcopal Hospital | Houston, TX

January 2005 to November 2006

- Conducted exercise/cardiopulmonary stress tests, including:
 - Acquired and interpreted 12-lead ECGs at rest and during exercise
 - Assessed resting and exercise blood pressure
 - Monitored safety of patients during testing
- Documented and processed data daily for stress test patients
- Coordinated with various departments to expedite patient care

CERTIFICATIONS

Certified Clinical Exercise Physiologist | American College of Sports Medicine

March 2008 to Current

Basic Life Support | American Heart Association

January 2005 to Current

PUBLICATIONS

Walton, C., Anderson, M. "Fit Kids of Arizona Wellness Program: A Team Approach of Lifestyle Interventions to Pediatric Obesity." Poster presentation. 8th Biennial Childhood Obesity Conference, San Diego. 2015.

TECHNICAL SKILLS

Microsoft Office Suite | Cerner | Intergy | Muse