

# Fitness & Wellness



*Do you like...*

- \* helping others?
- \* being healthy?
- \* exercising?
- \* being active?

## Jobs in the Military

**Dietitians** Dietitians are part of the military's health care staff. They are experts in the nutritional needs of hospital patients and outpatients. Dietitians manage medical food service facilities and plan meals for hospital patients and outpatients who need special diets.



## Possible Career Paths

**Dietitians and Nutritionists** Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease.

**Dietetic Technicians** Assist in the provision of food service and nutritional programs, under the supervision of a dietitian.

**Community Health Workers** Assist individuals and communities to adopt healthy behaviors. Conduct outreach for medical personnel or health organizations to implement programs in the community that promote, maintain, and improve individual and community health.

**Fitness and Wellness Coordinators** Manage or coordinate fitness and wellness programs and services.

**Fitness Trainers and Aerobics Instructors** Instruct or coach groups or individuals in exercise activities.



## Colleges for Nutrition

Arkansas State University-Main Campus, Black River Technical College, Harding University, Ouachita Baptist University, Tulsa Community College, University of Arkansas, University of Arkansas for Medical Sciences, University of Central Arkansas, University of Central Oklahoma



Discover who you can be...

Ask your counselor about taking the

# ASVAB CEP