

HEIDI RIGSBEE

INSTRUCTOR OF EXERCISE SCIENCE AND HEALTH PROMOTION

CONTACT

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PROFILE

A highly motivated individual with over 20 years' experience in the fields of Exercise Science and Health Promotion. Advanced knowledge in exercise physiology, strength training and conditioning, and workplace wellness. A passion for helping others meet their health and fitness goals by creating individualized exercise prescriptions targeting both health and skill related components of fitness while incorporating appropriate recommendations for nutritional change.

SKILLS

- STRONG WORK ETHIC
- ORGANIZED
- LEADERSHIP
- TEAMWORK

EDUCATION

Master of Science in
Exercise Science
Arkansas State University - 2006

Bachelor of Science in
Exercise Science
Arkansas State University – 2004

Bachelor of Science in
Dietetics
University of Northern Colorado - 2011

EXPERIENCE

Instructor of Exercise Science and Health Promotion –
Arkansas State University

2017 – present

Teacher and advisor in the Health, Physical Education, and Sport Sciences department within the College of Education and Behavioral Sciences at Arkansas State University, Jonesboro, Arkansas.

Owner – No Regrets Fitness Studio

2019 – present

Appointment only fitness center offering individualized personal training sessions located in Jonesboro, Arkansas.

Corporate Wellness Director – Engines Inc.

2008-2017

Managed the on-site fitness center and wellness program(s) for the employees, spouses, and approved dependents for the John Deere distributorship Engines, Inc. located in Jonesboro, Arkansas.

CERTIFICATIONS

American Heart Association BLS (CPR & AED) Provider

ACSM Certified Exercise Physiologist

2003 – present

