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Career Day

Episode #305

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Careers: **Strength & Conditioning Coach – Jon Torerk**

Athletic Trainer – Lisa Austin

Hockey Coach - Ralph Barahona

CEO H.U.M.A.N Healthy Vending – Sean Kelly

General Synopsis for Episode #305

In this *Top Health & Fitness Careers* episode, experts in their respective fields of health and fitness discuss their work, the education/training to prepare for the job, and experiences that led them to choose their career. Jon Torerk, **strength & conditioning coach** and owner of Bio Mechanix, mission is to get people strong, pain free and moving correctly. He studied physiology in college and bases his approach on kinesiology as he analyzes each client's need. He shares as he builds his client's strength; they are happier which makes him happy. **Athletic trainer** Lisa Austin trains all types of athletes from professionals to the everyday person. She received a scholarship to college as a triple jumper and completed two college degrees. Her mission is to help people know their potential they are not aware of. The audience learns Lisa's 3 easy tips for a workout. Ralph Barahona retired as a professional hockey player and is a **hockey coach** for the LA Junior Kings. His job entails teaching players the right moves, recognizing mistakes and helping the players improve to the next level. His #1 lesson he tells his players, '90% is mental, your brain controls your muscles in the hands and the feet, if your brain isn't there, nothing happens'. As the **CEO of H.U.M.A.N Healthy Vending** Sean Kelly's company provides access to healthy foods in vending machines. In junior high, Sean learned how eating better impacts your life and he wants to provide easier access for better eating. Sean's advice is 'work really hard, have fun and continue with a high level of passion'.

Observation and Conclusion

In Episode #305, young adults will learn about the skills, knowledge and preparation needed for the four health and fitness careers showcased in this show as they start to plan for their future. Each segment of Career Day delivers an educational and informational message that supports current social, intellectual and emotional aspects of children ages 13 and up. Attributes and advice emphasized by guests instill a grounded balance of priorities, dedication, and perseverance children can apply to their lives.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant