Agency Information Sheet

Agency Name: Inside Outside Medical Spa and Wellness Center

Address: 4499 Medical Drive, San Antonio, TX 78229

Phone/Fax Number: (210) 616-0836  Email address: info@insideoutsidespa.com

1. Please briefly describe the scope of your agency’s work. Printed brochures or fact sheets explaining your organizational goals may be attached.

   Briefly, Inside Outside is a Physician directed Wellness Center which focuses on teaching Effective and Timewise Strategies about Nutrition and Exercise to our clients. We have about 110 clients who visit our facility once or twice a week for Exercise and Nutrition. We teach the Zone nutrition program and have a High Intensity Strength training gym using the SuperSlow protocols. DXA Body Composition and Bone Density testing are used to set goals and measure progress.

2. Indicate the most appropriate person(s) to contact within your agency regarding internship possibilities.

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<thead>
<tr>
<th>NAME</th>
<th>TITLE/RESPONSIBILITY</th>
<th>PHONE#</th>
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<tbody>
<tr>
<td>Charles B. Christian Jr, MD</td>
<td>Medical Director</td>
<td>210-616-0836</td>
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3. Briefly describe the internship experiences available with your agency.

   Your students will be given the opportunity to work one-on-one with our clients on a daily basis. Each client performs a 20-25 min high intensity workout during which the intern will monitor form, pace, reps, and breath. Our intern will assist in administering clients DXA Body Composition scans and recommend the clients personal Zone Prescriptions. In addition, the student will be responsible for a variety of clerical duties which include returning phone calls, scheduling, and maintaining equipment. Overall the student will have a well rounded experience as a high intensity strength trainer in our medical based wellness center.

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?

   No restrictions apply to this position. The intern’s parking will be paid for, otherwise there will be no monetary compensation.

Please return questionnaire to:

The University of Texas at San Antonio
College of Education and Human Development
Department of Health and Kinesiology
Internship Supervisor
San Antonio TX 78249-0654
Email: tunetha.wren@utsa.edu
Tel. (210) 458-5407
Fax: (210) 458-5873