

Nancy Powlin is a certified Health Fitness Specialist and our Progress 2 Wellness Director. Nancy has been with Progressive Step Rehabilitation since 2010 and involved with the health care community for over 15 years. She is frequently volunteering her time at health fairs and community wellness events to help encourage and motivate the clinical population in how to be more aware of their risk and the best way to implement physical activity into their daily lifestyle. She is actively involved in going to the gym, taking cycle classes, group fitness classes and is registered in at least one run a month. She also enjoys camping, boating, swimming and hiking. Nancy has multiple degrees, not all are listed below and certificated courses in HIV/ AIDS, Domestic Violence, OSHA Universal Precaution/ Infectious Control, Fire Safety and Prevention, Resident Rights/ Abuse and Neglect, and Major Incident and Emergency Procedures.

ACSM Certified Health Fitness Specialist

Bachelor of Science Degree in Exercise Science Specialist, UNF (ID 66078)

Associates in Arts Degree, Santa Fe Community College

Certified Nursing Assistant (Cert CNA67850)

Assistance with Self Administered Medication

Memberships

American College of Sports Medicine

Exercise Science Student Association at UNF

Phi Theta Kappa