

LAUREN FRIED

PHYSICAL HEALTH & WELLNESS MANAGER



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CLIFTON STRENGTHS

Achiever

Self-Assurance

Positivity

Focus

Strategic

Health and fitness professional with 12+ years of experience in personal training, corrective exercise, health coaching, and education. Accomplished trainer, educator, and leader with expertise in holistic health, injury prevention, sleep hygiene, and performance optimization. Skilled in developing evidence-based programs and mentoring others with a leadership style grounded in collaboration, accountability, and growth. Currently pursuing a Doctor of Health Science and Exercise Leadership (DHSc) to advance military well-being, readiness, and long-term health outcomes.

EDUCATION

Pennsylvania Western University

Doctor of Health Science and Exercise Leadership

Expected Graduation Date: August 2026

California University of Pennsylvania

Master of Science in Exercise Science and Health Education

Dual Concentration in Performance Enhancement and Injury Prevention and Applied Sport Science

California University of Pennsylvania

Graduate Certificate in Sports Counseling and Athlete Mental Wellness

Monmouth University

Bachelor of Science in Health and Physical Education

Minors in Psychology and Intro to Communication Disorders

CERTIFICATIONS

American Council on Exercise (ACE)

Certified Personal Trainer

Certified Health Coach

National Academy of Sports Medicine (NASM)

Performance Enhancement Specialist

Corrective Exercise Specialist

Adaptive Training Academy (ATA)

Adaptive and Inclusive Trainer

LivingWorks

Applied Suicide Intervention Skills (ASIST) Suicide Prevention Training

American Red Cross

Adult and Pediatric First Aid/CPR/AED

PROFESSIONAL EXPERIENCE

Wounded Warrior Project

Physical Health and Wellness West Regional Manager, November 2022 - Present

- Direct regional PH&W operations, overseeing staff, budgets, and programming in alignment with organizational goals.
- Integrate programming with active-duty commands to strengthen military readiness and support.
- Drive regional action plans, program innovations, and technology-based solutions (Salesforce, Blackthorn, CVENT, Workday).
- Monitor KPIs and outcomes to ensure accountability and continuous improvement.
- Build partnerships with community organizations and internal departments to expand warrior and family support.
- Guide professional development of staff through coaching, continuing education, and leadership of workgroups and projects.

Wounded Warrior Project

Physical Health and Wellness Coach, December 2020 - November 2022

- Delivered quarterly 3-month group and 1:1 coaching programs in fitness, nutrition, wellness education, and goal setting.
- Facilitated virtual and in-person workshops and events in collaboration with vendors, departments, and external partners.
- Piloted new initiatives including female-focused, mind-body, and condensed coaching programs.
- Mentored teammates, contributed to program innovations, and briefed military commands on PH&W offerings.
- Managed logistics, budgets, and performance tracking through Salesforce, CVENT, and Microsoft platforms.

United States Navy

Fitness Specialist CFL/FEP Outreach, July 2017 - December 2020

- Served as Assistant Program Director, managing staff operations, payroll, budgeting, and hiring.
- Designed and led NOFFS workouts, PT sessions, and corrective exercise programs to optimize readiness.
- Trained and certified Command Fitness Leaders, supervised fitness testing, and led Fitness Enhancement Programs (FEP).
- Educated tactical athletes on injury prevention, resilience, and mental performance skills.
- Partnered with medical and performance staff to implement high-performance and injury-prevention strategies.

Fit For You

Personal Trainer, June 2013 - July 2017

- Provided specialized training for clinical and special populations (Parkinson's, Stroke, Cancer, Arthritis) and sport performance.
- Conducted assessments and developed individualized programs with goal-setting and progress tracking.
- Coordinated wellness programs with local healthcare professionals and facilitated client challenges.
- Supported business growth through scheduling, marketing, and community fundraising initiatives.

TEACHING EXPERIENCE

Workshops and Seminars

Professional Setting, July 2017 - Present

- Lead workshops and deliver seminars on fitness, nutrition, performance, corrective exercise, injury prevention, resilience and mindfulness, stress management, holistic health, chronic disease prevention, sleep hygiene, and wellness strategies for staff, veterans, active-duty personnel, and partner Veterans Service Organizations (VSOs) to enhance readiness, well-being, and long-term health.

SERVICE & LEADERSHIP

Wounded Warrior Project

Emerging Leader Development Program (ELDP), October 2022 - September 2023

Wounded Warrior Project

Listen, Learn, Lead Summit, February 2023, 2024, 2025

Wounded Warrior Project

Leadership Essentials, September 2024

RESEARCH & SCHOLARLY ACTIVITY

PORTFOLIO

Scholarship Artifact

Leadership Artifact

Teaching Artifact