

MR. LONDELL McGLONE, B.S., ACSM, MPH

523 Horseshoe Cir., Stockbridge, GA 30281

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Education

- 2007-2009 Mercer University School of Medicine
Macon, GA
MPH, Master of Public Health: GPA: 3.85/4.0
Credits: 42 Semester Hours
Epidemiology & Health Care Administration
Thesis: Health Care Access Disparities and Their Relation to Health Status:
A Comparison Between African and Caucasian Americans.
Practicum: Health Promotion and Programming
- 2001-2006 Georgia Southern University College of Health and Human Sciences
Statesboro, GA
Bachelor's of Science in Kinesiology
Credits: 129 Semester Hours
Major/Emphasis: Exercise Science and Sports Medicine
Internship: Physical Therapy
- 1996-2001 Eagles Landing High School
McDonough, GA
GPA: 3.0/4.0
College Preparatory
General Studies

Internship and Practicum Training

August 2008 - April 2009

North Central Health District
811 Hemlock St.
Macon, GA 31201
Supervisor - Jessica Armstrong
Phone - 478-751-6158

Health Promotion and Programming

- . Lead a group in the planning and implementation of a community diabetes intervention for minority community women.
- . Administered 8-session diabetes prevention program to 15 minority women (Pathways to Healthy Living: A Diabetes Prevention Program).
- . Decreased glucose, and cholesterol levels in addition to increased physical activity of 15 minority women in Macon, GA.
- . Researched and evaluated various policies and programs aimed at Diabetes prevention.
- . Analyzed current health disparities among the population (n=7,112) in Georgia using BRFSS and SPSS.
- . Produced publication on "Minority Health Disparities and Factors Affecting Health Insurance Attainment".
- . Used Georgia state data to evaluate health disparities among Caucasian and African Americans.

January 2006 - April 2006

Statesboro Physical Therapy Services
146 Northside Dr. E
Statesboro, GA 30458
Supervisor - Rodney Gibson
Phone - 912-764-4141

Physical Therapy Intern

- . Assisted and observed the Physical Therapist in a clinical environment.
- . Educated 60+ patients weekly on exercises, stretches, & health and wellness methods.
- . Administered therapeutic modalities to 20+ patients daily.
- . Administered rehabilitation exercises using CYBEX.
- . Managed patient historical files.

January 2006 - April 2006

Statesboro Imaging Center
8 Lester Rd.
Statesboro, GA 30458
Supervisor - Rodney Gibson
Phone - 912-764-4141

Intervertebral Differential Dynamics Therapy (IDD) Intern

- . Learned the specifics of IDD Therapy while working with 30+ rehabilitation patients.
- . Managed the treatment protocol of 10+ existing patients with supervision.
- . Administered therapeutic modalities to existing patients.

Employment Experience

September 2006 - Present

Cooper Aerobics: Southern Lifestyle Fitness (Corporate)
241 Ralph McGill Blvd
Atlanta, GA 30308
Supervisor - Jill Bates
Phone - 404-409-7090

Exercise Specialist / Personal Trainer

- . Designed and implemented employee exercise incentive programs (Ladder to Success & Fall Back into Fitness).
- . Increased gym participation and membership to >800 employees.
- . Assisted 10+ personal training clients with weight loss, body sculpting and fitness programming.
- . Produced the monthly fitness newsletter for 2000+ Georgia Power employees.
- . Produced monthly Fit Tips for employee intranet website.
- . Developed exercise programs for 30+ employees and administered fitness assessments to 40+ employees.

May 2007 - June 2008

Powers Ferry Chiropractic: Advanta Medical and Physical Therapy
1720 Powers Ferry Rd.
Marietta, GA 30067
Supervisor - Richard Schuyler
Phone - 770-955-2225

Exercise Therapist / X-Ray Technician

- . Took an average of 20+ X-rays per workday, and trained staff on X-ray procedure.
- . Administered 20-session IDD Therapy to 15+ chronic back pain patients.
- . Produced the monthly Chiropractic newsletter for 600+ current and past patients.
- . Educated 60+ patients on exercise and proper diet in order to maintain optimal health.
- . Attended weekly employee training meetings.

June 2006 - August 2007

LA Fitness International
75 Fifth St., NW, Suite E
Atlanta, GA 30308
Supervisor - Phyllis Howell (No longer employed)
Phone - 404-249-6404

Personal Trainer

- . Maintained the fitness programs of 60+ personal training clients.
- . Performed physical assessments of 60+ personal training clients and potential clients.
- . Educated and recruited new clients for personal training.

Licenses and Certifications

ACSM Certified Personal Trainer	2007 - Present
Emergency Management Institute: Incident Command Systems	2008 - Present
American Red Cross Shelter Management	2005 - Present
American Red Cross Disaster Services	2005 - Present
Intervertebral Differential Dynamics Therapy Certification	2006 - Present

Other Qualifications

Computer/Software Tools

-PC and MAC

-SPSS

-SAS

-MS Office (Access, Word, PowerPoint, Publisher, & Excel)

-Adobe (Dreamweaver CS3, Flash (CS3 & CS4) & Fireworks CS3)

-Wordpress

-Norton Antivirus

-File Transfer Protocol (FTP) Clients

-Web Languages (HTML, XHTML, XML, CSS, PHP, Ajax, ASP.NET, SQL & JavaScript)

-Typing Speed - 60 WPM

Job-Related Training

Georgia Coalition for Physical Activity and Nutrition
October 23, 2008
Kennesaw State University, Kennesaw, GA

Georgia Tobacco Policy Symposium
October 9, 2008
The Loudermilk Center, Atlanta, GA

AIDS/HIV Training
North Central Health District
Macon, GA

Faith-Based Health Promotion Training
North Central Health District
Macon, GA

Federal Emergency Management Agency Training (Certified)
Emergency Preparedness (Emergency Management Institute
www.FEMA.gov)

Professional Organization Affiliations

National Honors Scholars Society
American College of Sports Medicine
American Heart Association
American Cancer Society
Emergency Management Institute
Hands On Atlanta
Georgia Southern Alumni Association
Mercer University Alumni Association
American Red Cross
Atlanta District Amateur Soccer League (Atlanta Silverbacks)
Sting Soccer Club (Atlanta, GA)

Awards and Honors

2007 National Honors Scholars Society Member
2006 Georgia Southern University: Presidents List
2001 HOPE Scholarship Recipient

Thesis

McGlone, L., & Bennett, D. (2009). Health care access disparities and the relation to health status: A comparison between african and caucasian americans. *Mercer University*.

Volunteer Experience and Associations

March of Dimes

Statesboro Physical Therapy Services

Hands On Atlanta

American Cancer Society - Relay for Life

Imagine It! Children's Museum

Clayton County Youth Soccer Coach

Advanta Medical

American Heart Association Heart Walk