

CONTACT

☎ (903)413-3086

✉ emcardiacrehab@gmail.com

📍 330 Koby Circle, Sulphur Springs, TX

EDUCATION

2018-2020

**EAST TEXAS A&M
UNIVERSITY-COMMERCE**

- Masters of Exercise Physiology

2011-2015

**EAST TEXAS A&M
UNIVERSITY-COMMERCE**

- Bachelors of Health and Human Performance

SKILLS

- Health and Wellness program development
- Leadership and Mentorship
- Diabetes management
- Chronic Disease Management and prevention
- Program implementation
- ACLS Certification

Advisory Boards/Committees

- Kinesiology Academic advisory Board for East Texas A&M University-Commerce
- Hazmat Team member at Hunt Regional Medical Center
- Diabetic Education Advisory Board at Hunt Regional Medical Center

ELIZABETH MCMAHAN,MS

SUMMARY

Dedicated and results-driven Exercise Physiologist with a strong background in developing and leading fitness and wellness programs tailored to diverse populations. Experienced in promoting active lifestyles through evidence-based exercise interventions, community outreach, and recreational program design. Passionate about making physical activity accessible and enjoyable for all ages through inclusive, engaging, and safe programming in diverse settings. Proven ability to collaborate with multidisciplinary teams, deliver health education, and foster community wellness through outdoor and facility-based initiatives. Seeking to leverage expertise in fitness program development within the academic setting as adjunct professor for East Texas A&M University.

WORK EXPERIENCE/RESPONSIBILITIES

Hunt Regional Medical Center

2015- PRESENT

Cardiac and Pulmonary Rehabilitation

- Developed exercise prescriptions based on individualized needs of patients with cardiovascular and pulmonary disease.
- Facilitates education curriculum for patients both in outpatient services as well as in patient.
- Preceptor for exercise physiology students for the hospitals internship program with Texas Women's University and East Texas A&M.
- Manages exercise prescriptions protocols with support staff.
- Implement modification programs for patients with disabilities
- Engage with the community when implementing public health initiatives including tobacco cessation programs, 5k benefits, and various health fairs.
- Served as the primary point of contact as a "Super-user" for Cerner EHR system implementation, providing expert-level troubleshooting, training, and support.
- Implemented evidence-based practices, leading to a measurable improvement in patient satisfaction and recovery times.