

Jennifer Powell

Objective

Dedicated health and wellness educator with experience in designing and leading dynamic programs that engage communities. Extensive work with diverse learners of all ages and abilities committed to strengthening community well-being by empowering individuals to make healthy choices through a combination of knowledge, activities, and movement.

Experience

January 2024-Present

Texas A&M AgriLife Extension Services – *Better Living for Texans Extension Agent, Williamson County*

- Provide program series in the areas of nutrition, gardening, and physical activity for youth and adults in low-income areas throughout the county
- Provide one-shot workshops in nutrition and physical activity for youth and adults
- Distribute monthly newsletter to participants and youth with valuable information on nutrition, gardening, and physical activity as well as opportunities for partnership
- A member of various work groups focused on addressing food security issues facing Williamson County
- Provide presentations to various groups on AgriLife Extension and opportunities for partnerships
- Work with co-workers to provide multi-disciplinary programs such as Ag in the Classroom
- Worked on the BLT statewide newsletter and wrote 3 articles
- Recruited and am in charge of 2 new Master Wellness Volunteer interns

September 2018-Present

JumpStart Fitness, LLC – *Owner*

- Offer weekly livestream workouts
- Offer in-person group workouts
- Offer one-on-one personal training and nutrition counseling

September 2019-March 2020

413 Fitness – *Fitness Coach*

- Taught group fitness to participants with varying stages of Parkinson's Disease

August 2017-August 2018

John's Gym– *Fitness Coach*

- Taught Bootcamp and HIIT workout classes for *FitSmart* participants

August 2012-August 2016

North Oaks Country Child Care– *Fitness Coach*

- Provided exercise and movement classes for toddlers ranging in age from 18 months to 4 years

January 2012-September 2020

Northwest Family YMCA- *Personal Trainer/Group Fitness Instructor/Nutrition Counselor*

- Offered one-on-one personal training
- Nutrition counselor helping members realize and accomplish their nutrition goals
- Instructed large group fitness classes such as core, cardio agility, HIIT, senior fitness, and SNAP (Special Needs Adaptive Program)
- Co-creator and Co-coordinator and instructor in charge of teaching educators and managing volunteers of the YMCA's nutrition program, *The Quick Cook*: a 4- lesson series on the basics of nutrition, meal planning, and healthy eating.

September 2004-June 2005

Washington State University, Thurston County Extension- *Program Coordinator*

- Nutrition educator offering general education programs to limited income adults and kids
- Promoted and coordinated WSU *Food \$ense Program* through local partnerships with faculty and staff
- Created educational materials for various programs

May 2003- May 2004

New Mexico State University Cooperative Extension Services- *Program Coordinator*

- Coordinator for *KidShape*, a nutrition education program for overweight children and their parents. Contacted and registered participants, secured meeting facilities, provided learning materials to families, and shopped for groceries
- Coordinator for *Kitchen Creations*, a cooking program for people with type 2 diabetes and their families
- Provided nutrition presentations to local elementary schools
- Co-Coordinator of the Human Nutrition and Food Sciences Department Library
- Co-Coordinator and instructor for the *STEPS* (steps to employment and personal training) program
- Creator of *Healthy Families*, a nutrition education program for families of overweight youth (to replace *KidShape*)

August 2000-May 2003

New Mexico State University- *Graduate Assistant*

- Assisted in grading papers, entering grades into computer, and teaching entry-level nutrition course

Education

January 2009-April 2011

National Strength and Conditioning Association - *Home Studies*

- Received NSCA-CPT in May 2011
- Staying current with continuing education credits focused on both fitness and nutrition
- First Aid and CPR certification

August 2000-May 2003

New Mexico State University– *Graduate Studies*

- Received Master of Science in Family and Consumer Sciences with emphasis in Human Nutrition and Food Science; cumulative GPA of 4.0
- Master's Thesis: **Cooperative Extension Services and Diabetes Management Education**

August 1996- May 2000

University of Missouri – *Undergraduate Studies*

- Received Bachelor of Science in Biology
- Cumulative GPA of 3.45
- Dean's list 7 semesters

Skills, Achievements, and Awards

- Continue to join local work/action groups dedicated to improving food security for Williamson County residents
- Have taken up vegetable gardening since starting with AgriLife Extension Services to better help participants in classes
- Received Teamwork Award, Williamson County and District 8 meeting in 2025
- Received Volunteer of the Year Award in 2016 for work with the YMCA's SNAP program
- Have 10 years' experience in Brazilian Jiu-Jitsu
- Volunteered at my children's school when they were in elementary as field trip chaperone and in the classroom
- Contributor to publication: Martha Archuleta et al. 2012. *Cooking Schools to Improve Nutrient Intake Patterns of People with Type 2 Diabetes*. Journal of Nutrition Education Behavior. Vol 44: 319-324 ([Cooking Schools Improve Nutrient Intake Patterns of People with Type 2 Diabetes - ScienceDirect](#))