

## OUR GRADUATES

Graduates of the WWDI work as Registered Dietitians in leading Fortune 500 companies, athletic associations, and well-known organizations, including:

- About.com
- Boston Public Schools
- Washington Redskins
- Los Angeles Rams
- Delicious Living
- EXOS
- Kansas State Athletics
- Mass General Hospital
- Fresh Direct
- Spaulding Rehab
- Wellness Workdays
- Boston Celtics
- WebMD
- Whitson's Culinary Group
- ...and many more!

## WHAT OUR GRADUATES SAY

"The program's flexibility allowed me to schedule rotations at my convenience with the preceptors of my choice. I also am fortunate enough to gain experience at multiple locations around the country."

– *Hillary Sullivan, RDN, Class of 2016*

"The Wellness Workdays DI offered me an excellent platform to exercise my unique combination of skills as a Chef/RD which allowed me to develop career-building relationships in my community."

The Wellness Workdays team instilled confidence and promoted professionalism in me and the other WWDI interns from day one." – *Nick Arcuri, RDN, Class of 2014*



# Wellness Workdays Dietetic Internship

"One of the most exciting and innovative DI programs in the U.S."

Accreditation Council  
for Education in  
Nutrition and Dietetics

The accrediting agency for the  
**eat right**  
Academy of Nutrition  
and Dietetics

## CONTACT INFORMATION

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Wellness Workdays  
www.wellnessworkdays.com/WWDI



The Wellness Workdays Dietetic Internship (WWDI) program offers a unique distance education-based program, designed to meet the individual needs and interests of a group of dynamic, inspiring individuals seeking to become Registered Dietitians with a focus on wellness, health promotion, and disease prevention.

The WWDI program allows interns to complete their supervised practice requirements in their local setting using sites and preceptors of their choice. Part-time and full-time options are available. Prospective interns are required to find qualified preceptors in the areas of clinical nutrition (400 hours), food service management (180 hours), community nutrition (180 hours) and WWDI concentration (240 hours) to complete their requirements.



#### WWDI PROGRAM CONCENTRATIONS:

##### WORKSITE WELLNESS AND HEALTH PROMOTION

A concentration in Worksite Wellness and Health Promotion addresses an emerging field in dietetics. Students will learn how to design and deliver strategic worksite wellness programs that target both at-risk and healthy populations. This concentration provides an opportunity to gain experience in assessing an employee population, developing an implementation strategy and evaluating the effectiveness of a wellness program.

##### SPORTS NUTRITION AND ENTREPRENEURSHIP

The Sports Nutrition and Entrepreneurship concentration addresses a popular and growing field in dietetics. Students will be exposed to various athletic populations, apply nutrition skills to meet the needs of their athletic performance and learn about and analyze the effectiveness of performance enhancing supplements and ergogenic products. In addition, the intern will be exposed to the creation of a business proposal, marketing and program materials for athletes.

##### NUTRITION COMMUNICATIONS AND MARKETING

The Nutrition Communications and Marketing concentration addresses important skills for a Registered Dietitian to master in order to effectively promote health and wellness. Interns will learn how to use communications and marketing skills combined with their nutrition knowledge to reach and educate various populations on nutrition and wellness topics.

#### MASTER OF SCIENCE - DIETETIC INTERNSHIP PROGRAM

The WWDI program offers you the opportunity to complete your Dietetic Internship and earn your Master's Degree at the same time via two unique programs. Apply once and gain dual acceptance into a Master's degree program and dietetic internship. For more information about our MS-DI programs and the application process please visit our website.



##### MERRIMACK COLLEGE MASTER OF SCIENCE

Earn your MS degree and complete the requirements to sit for the RD exam in just one year with a significant scholarship. Choose from three unique masters programs including Exercise and Sports Science, Community Health Education and Health and Wellness management. This option requires you to relocate to North Andover, MA.



##### SIMMONS COLLEGE MASTER OF SCIENCE

Earn your MS degree in Nutrition and Health promotion online and complete the requirements to sit for the RD exam in just two years! This innovative and interactive online program allows you to complete both your MS and DI from anywhere in the US. Scholarships are available.

#### WHY CHOOSE THE WELLNESS WORKDAYS DIETETIC INTERNSHIP?

We think the dietetic internship program should be all about you! Check out the top 10 reasons to join our program.

- 1. Unique Concentrations.** Choose from one of our three innovative concentrations.
- 2. Choice of Location.** Stay where you are, travel or explore a new geographic area.
- 3. Customized Approach.** Develop a plan and select rotations to shape your experiences and future.
- 4. Flexibility.** Schedule your rotations at a pace and in an order, that is ideal for you.
- 5. Maximize Relationships.** Network with people with similar interests.
- 6. Leadership Development.** Build confidence and leadership skills.
- 7. Enhance Your Career.** Our internship often leads to exciting job opportunities.
- 8. Be Supported.** WWDI staff uses their experience and background to support you throughout your internship.
- 9. Build Your Network.** Be part of the Wellness Workdays community across the US.
- 10. Make It Your Own.** Customize the experience to support your future career goals.



#### HOW TO APPLY TO THE WWDI

The WWDI program participates in the DICAS application and D&D matching system. In addition, applicants must complete the WWDI supplemental application and submit the application fee through our website. All application materials are due by February 15. Visit [www.wellnessworkdays.com/WWDI](http://www.wellnessworkdays.com/WWDI) for more information.

#### TIPS FOR SECURING ROTATION SITES:

1. When contacting a site, research who is in charge of the nutrition department or education programs. Examples: Clinical Nutrition Manager, RD, Head Health Professional or HR/Education Personnel.
2. Explain to the contact that you are a student planning to apply for a distance dietetic internship and need to secure preceptors /supervisors for the various rotations. Ask if s/he is willing to take on a dietetic intern for all or some of the required hours.
3. Ask your DPD director, research online and ask former interns for ideas on potential sites.
4. Many sites already have a regular influx of students from set locations. Do not get discouraged, start early and be flexible in your location and choices.
5. Be persistent! Struggling to secure a site? Upon acceptance into the WWDI program gain access to an expansive network of preceptors and locations.

