

BIO:

Janice Arsenault has been in the Health, Wellness and Fitness field for 36 years and holds a B.A. in Psychology and Health Sciences. Her experiences include starting two Residence Hall Wellness Centers for The State University of NY at Oswego; the first residential based centers to be developed in the New York State University system, Marketing and Fitness Director for a YMCA in upstate New York, Outdoor Recreation Director with the USAF in England overseeing and establishing the first bike shop, first outdoor adventure program throughout Europe, a base pool, 2 parks and pavilions and a bike shop with an outdoor equipment rental facility, and a Health and Wellness Director for the USAF in Germany within the USAF Medical squadron responsible for developing and managing the weight management program and healthy lifestyles counseling for active duty and their dependents, along with working with in the cycle ergometry lab testing for cardiovascular efficiency.

She currently is the Director of Health, Wellness, Ergonomics for the Maine Department of Transportation. Her job involves working with 1800 DOT employees across the State creating and promoting prevention programs through health and wellness initiatives including health coaching and seasonal readiness conditioning. In addition, Janice oversees a State-wide ergonomic program (including office and heavy equipment ergonomics). She often presents numerous topics both within MaineDOT as well as for wellness symposiums. Janice holds certifications as a Personal Trainer, Wellness Director, Fitness Instructor and a Certified Ergonomic Evaluator Specialist. She enjoys helping individuals be well, adopt active lifestyles and focuses her energy on following her personal passion of healthy living with herself and her family.