

LISA C. STUEBING

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www.MudPuddleFitness.com

Personal Coaching for brain health and movement disorders, falls prevention, arthritis pain management.
Lifestyle Coaching for those diagnosed with Type 2 Pre-diabetes.

Focused on working with people who have Multiple Sclerosis (MS), Parkinson’s disease (PD), Multiple Systems Atrophy (MSA), Progressive Supranuclear Palsy (PSP), spinal cord injury (SCI), Huntington’s disease (HD), Alzheimer’s, Lewy Body Dementia or who are recovering from stroke.

EDUCATION / CERTIFICATIONS

University of Washington Bachelor of Sciences, Geological Sciences Paleoclimatology, Quaternary Processes, Geologic Mapping	1997
American Fitness Professionals and Associates (AFPA) Certified Personal Trainer	2010
American Fitness Professionals and Associates (AFPA) Certified Senior Fitness Specialist	2010
Heart Zones Certified Personal Trainer, Level 1	2010
American Safety Training Institute (ASTI) Universal First Aid	Current
American Safety Training Institute (ASTI) AED and CPR	Current

* Brain Health and Movement Disorders *

University of Washington, Department of Rehabilitation Medicine, Northwest Regional SCI System Spinal Cord Injury Wellness Summit: Benefits of Recreation	2015
With a Little Help, Inc. Senior Services, North Seattle Community College The ABC’s and D’s of Dementia and Caregiving Teepa Snow Ms, OTR/L, FAOTA	2015

Oregon Health & Science University
State of the Art Team Care: Impact of Cognition in Rehabilitation 2015
Parkinson's Center of Oregon

Washington Pioneer Network
SAIDO & Paro 2015
SAIDO learning practices reduce and in some cases reverse symptoms of dementia. <http://elizajennings.org>. Paro is an interactive robotic seal.

University of Washington, Department of Rehabilitation Medicine, Northwest Regional SCI System
Spasticity and Spinal Cord Injury, Part 1: The Good, The Bad and The Not-So-Ugly 2015

National MS Society
Introduction to MS for Fitness and Wellness Professionals 2014

National Stroke Association
Post-Stroke Spasticity: A Case-Based Series 2014

United2Fight Paralysis
Ninth Annual Working to Walk Science and Advocacy Symposium 2014
Hosted by Pushing Boundaries, Hilton Seattle Airport Hotel and Conference Center

National Parkinsons Foundation
Act: Fall Prevention in Parkinson's 2014
Bastiaan R. Bloem, MD, PhD

American Senior Fitness Association (SFA)
Brain Fitness for Older Adults 2013

DSW Fitness Center for Continuing Education
Poles for Balance, Mobility and Walking 2013

Oregon Health & Science University
Parkinson's Disease: Exercise Integration from Clinic to Community 2013
Parkinson's Center of Oregon / National Parkinson Foundation

Mark Morris Dance Company
Dance for PD Trained Assistant 2012

Parkinsons Telehealth
Music Therapy and Parkinsons 2012

Heart Zones
Certified Indoor Bicycling Instructor 2010

* Lifestyle and Wellness *

Community Health Worker Training Washington State Department of Health	2016
National Academy of Sports Medicine (NASM) NASM Holiday Bulge Webinar	2013
Esther Gohkale, Relax Your Back, Bellevue, WA Introduction, Steps to a Pain Free Back	2013
Enhance Fitness Certified Matter of Balance Coach Boston University / Maine Health Patient Education Curriculum	2012
Northwest Yoga Conference, Lynnwood, WA Introduction to Adaptive Yoga Track	2012
Arthritis Foundation Certified "Walk with Ease" Leader Stanford University Patient Education Curriculum	2011
Washington State Department of Health Certified National Diabetes Prevention Program Lifestyle Coach CDC / DTTAC Emory University Curriculum	2011

* Group Fitness *

Enhance Fitness Annual Enhance Fitness 2015 Instructor Workshop	2015
Enhance Fitness Annual Enhance Fitness 2014 Instructor Workshop	2014
Enhance Fitness New Instructor Training	2013
YMCA Foundations of Group Ex Instructor American Council on Exercise Curriculum (ACE)	2011
YMCA Healthy Lifestyle Principles	2011
Fitness First, Inc., Healthways SilverSneakers Certified Group Fitness Instructor	2010

- The Essentials
- Muscular Strength and Range of Movement
- Resistance Tool Choreography and Design
- Yoga Stretch: Part III
- SilverSplash
- Cardio Fit

* Professional Development *

American Academy of Health, Fitness and Rehab Professionals (AAHFRP)

Medical Exercise Onsite Training **2015**

Fit4Life, Friendship Heights, Washington, DC

Medical Fitness Association

Beyond Personal Training: Is Becoming a Medical Fitness Specialist the Next Step? **2013**

American Fitness Professionals and Associates (AFPA), Ocean City, MD

AFPA Annual Beach Jam, Fitness, Trainer, Sports & Mind Body Conference **2011**

- Corrective Flexibility for Common Postural Dysfunction Patterns
- What Every Trainer Should Know About Fascia
- Basic Assessment Techniques
- Balance and Reactive Training Here and Now
- The Pulse of Prana
- Contraindications for High Risk Training: Musculoskeletal Dysfunctions
- Contraindications for High Risk Training: Conditions and Diseases
- What You Need to Know When Training the Client in Pain
- Conditioning from the Inside, Out – Nutritionally Speaking

GRANTS

Arthritis Foundation / Seattle Parks and Recreation, Lifelong Recreation

Grant sponsored multiple Put Pain in Its Place Talks and subsidized several Walk with Ease classes.

City of Shoreline Neighborhood Mini-Grant

Calvin Presbyterian Community Fitness and Wellness Program and the Hillwood Community Network
Grant placed adult fitness equipment in Hillwood Park and sponsored a Falls Prevention Day.

Washington State Department of Health

Scholarship grant to train for the National Diabetes Prevention Program
Start-up materials for fifteen DPP students

HBO

Films, discussion guides and screening rights for Weight of the Nation documentaries. Programming designed to spark community interest in the National Diabetes Prevention Program

National Indian Health Board

Curriculum materials for pre-K through 12, diabetes prevention education.

AWARDS

PNA Village, Outstanding Volunteer: Most Impact from a New Volunteer	April 2015
GambiaHELP (Health, Education Liaison Project) Service above Self	November 2014
Toastmasters International, Advanced Communicator Silver (ACS)	January 2012
American Association of University Women Named Honoree	Summer 2010
Toastmasters International, Competent Leader (CL)	January 2005

PROGRAMS

Director, Calvin Presbyterian Church, Community Fitness and Wellness Program, Shoreline, WA	
Community accessible Fitness and Wellness Program for Older Adults	2011 - 2013
Fitness classes, wellness programs based on National Health Observances, public relations, strategic planning.	
Interim Director, Fitness, The Hearthstone, Seattle, WA	
Stretch and Strengthen, Standing Balance, Cardio Circuit	2013
Fitness classes, compliance, records management, maintenance.	

SPECIAL PROJECTS

Lifelong Recreation, University of Washington, Department of Rehabilitation Medicine	
• Mentoring: Walkability of Seattle Parks for those with Arthritis	2016
Final project for group of Masters Candidate, Occupational Therapy students. Task: Develop a map and guide.	
PNA Village, Seattle Pacific University School of Health Sciences, AmeriCorps	
• Volunteer Training: In-home Inspection for Falls Prevention	2015
Final project for group of graduating nursing students. Task: Develop a training module.	

TEACHING EXPERIENCE (FITNESS AND WELLNESS CLASSES)

Northgate Plaza, Merrill Gardens, Seattle, WA	
• Get Fit with Coach Lisa	2015 - present
Twice weekly custom fitness class.	
Edmonds Bay Adult Care Home	2015 - present
• Custom Group Class	
Fitness class.	

Keiro Northwest / fka Nikkei Concerns, Seattle, WA	2016
<ul style="list-style-type: none"> • Walk with Ease (8 weeks) Fitness and wellness course.	
Brain Injury Alliance of Washington, at Verdant, Lynnwood, WA	2016
<ul style="list-style-type: none"> • The Role of Cognition and Movement Fitness and wellness course.	
The Gathering Place for Early Stage Memory Loss, Greenwood Senior Center	2016
<ul style="list-style-type: none"> • Exercise for Cognition and Better Movement Fitness class.	
NEST Village, (Northeast Seattle Together) Seattle, WA	2015
<ul style="list-style-type: none"> • Stand Strong, Be Balanced (8 weeks) Fitness and wellness course.	
Shoreline-Lake Forest Park Senior Center, Shoreline WA	2013 - 2015
<ul style="list-style-type: none"> • Enhance Fitness, Level 1 • Soft Fitness • Brain Health and Wellness • Follow Your Cue: Applied Neuroplasticity • Exercise and Dopamine • Falls Prevention for People with Parkinson's • Urban Walking Poles for Balance and Mobility • Walking Poles for Balance and Mobility (Movement disorders) Group fitness and wellness instructor.	
Lifelong Recreation, Seattle Department of Parks and Recreation, Seattle, WA	
Magnuson Community Center	2016
<ul style="list-style-type: none"> • Walk with Ease (8 weeks) 	
The Bridge at The Cove	2016
<ul style="list-style-type: none"> • Stand Strong, Be Balanced (8 weeks) 	
Green Lake Community Center	2015
<ul style="list-style-type: none"> • Urban Walking Poles for Balance and Mobility • Stand Strong, Be Balanced (8 weeks) 	
Lake City Community Center	2013 - Present
<ul style="list-style-type: none"> • Enhance Fitness 	

- **Enhance, Matter of Balance**
- **Arthritis Foundation, Walk with Ease**
- **Brain Fitness (8 weeks)**

Northgate Community Center**2013 - 2014**

- **Arthritis Foundation, Walk with Ease**
- **Brain Fitness (11 weeks)**

Bitter Lake Community Center**2014 - Present**

- **Enhance Fitness, substitute**

Group fitness and wellness instructor.

Ballard Northwest Senior Center, Seattle, WA

- **Urban Walking Poles for Balance and Mobility**
- **Brain Health (8 week course)**
- **Enhance Fitness, substitute**

2015**2015****2014 - Present**

Wellness talks and fitness classes.

University District Family YMCA, Seattle, WA

- **Silver Sneakers MSROM / AOA Fitness**
- **AOA Yoga, substitute**

2010 - 2014

Fitness class.

Exeter House, Seattle, WA

- **Arthritis Foundation, Walk with Ease**

2014

Arthritis Pain Management through movement. Wellness class.

Northaven, Seattle, WA

- **Arthritis Foundation, Walk with Ease**

2014

Arthritis Pain Management through movement. Wellness class.

Park Shore, Seattle, WA

- **Arthritis Foundation, Walk with Ease**

2011

Arthritis Pain Management through movement. Wellness class.

The Hearthstone, Seattle, WA

- **Stretch and Strengthen**
- **Cardio Circuit**
- **Sit and Be Fit**
- **Arthritis Foundation, Walk with Ease**

2010 - 2013

Substitute instructor. (Interim Director, 2013)

Calvin Presbyterian Church, Shoreline, WA
Community Fitness and Wellness Program **2011 - 2013**

- **Adult Fitness**
- **Walk with Ease**
- **Falls Prevention**

Developed program from inception. Taught Fitness and Wellness Classes.
 Coordinated Events and Workshops. Crafted and delivered PR Materials.

Young at Heart, Parkinson's Support Group, Poulsbo, WA
Customized Group **2011 - 2013**

Lecturette and fitness class: symptom management through exercise.

Lifetime Learning Center, Seattle, WA
Stretch and Strengthen **2011 - 2012**

Fitness Class.

TEACHING EXPERIENCE (WORKSHOPS / INVITED TALKS / MEDIA)

Jump Start to Recovery Program, Alderbrook Resort, Union, WA
 • **How to Boost Dopamine Naturally through Exercise at Home** **2015**

Arthritis Foundation, Bone and Joint Expo, Bastyr University, Kenmore, WA
 • **Be Stubborn, Be Curious, Be Bold (shared keynote)** **2015**
 • **Juggling Arthritis ... and Everything Else (interactive workshop)**

Parkinsons Recovery Radio with Robert Rodgers
 • **Mind, Memory and Movement** **2015**
<http://www.blogtalkradio.com/parkinsons-recovery/2015/10/19/mind-memory-and-movement>

KIRO TV, King County Library System Mind Matters
 • **A Bit of Brain Fitness with Juggling** **2015**
<http://tinyurl.com/KCLSjuggling>

Bellevue Parkinsons Support Group
 • **The Role of Cognition in Movement** **2015**
 Interactive wellness talk.

Aegis on Madison, Seattle, WA

- **Put Pain in Its Place** 2015

Interactive wellness talk.

Nikkei Concerns, Midori Condos

- **Put Pain in Its Place** 2015

Interactive wellness talk.

Northgate Plaza, Merrill Gardens, Seattle, WA

- **Exercise for Brittle Bones: Osteoporosis and Osteopenia** 2015
- **The Role of Exercise in Preventing, Surviving and Thriving with Cancer** 2015
- **Exercise and Memory** 2015
- **Put Pain in Its Place** 2015
- **Falls Prevention Workshop** 2015
- **Learning from John: Lessons in Recovering from Stroke** 2015

Interactive wellness talks.

Washington Library Association, Program Palooza, Tulalip Resort, WA

- **Brain Fitness with Juggling** 2015

Interactive wellness talk.

King County Library System, Mind Matters Series

- **Learning from John: Lessons on Recovering from Stroke, Federal Way Library** 2015
- **Brain Fitness with Juggling, Des Moines Library**
- **Brain Fitness with Juggling, Bellevue Library**
- **Brain Fitness with Juggling, Enumclaw Library**
- **Brain Fitness with Juggling, Renton Highlands Library**
- **Brain Fitness with Juggling, Black Diamond Library**
- **Brain Fitness with Juggling, Shoreline Library**

Interactive wellness talk and also series kick-off.

ElderNet, Annual Luncheon at Rosewood Courte

- **Three Great Ways to Improve Your Facilities Health and Wellness Program** 2015

Interactive wellness talks.

PNA Village (Phinney Neighborhood Association, intentional community)

- **Enhance Matter of Balance guest lecture: "Cognition and Falls Prevention"** 2015

Interactive wellness talks.

NEST Wellness Party (Northeast Seattle Together, intentional community)

- **Cognition and Falls Prevention** 2015

- **Cancer and Brain Health with Hula Hoops** 2015
 - **Dancing for Brain Health** 2015
- Interactive wellness talks.

Washington Department of Labor and Industries, Seattle, WA

- **Brain Fitness with Juggling** 2015

Interactive wellness talks.

Ballard Northwest Senior Center, Seattle, WA

- **An Introduction to Brain Fitness** 2015
- **Put Pain in Its Place** 2015

Interactive wellness talks.

Greenwood Senior Center, Seattle, WA

- **Urban Walking Poles for Balance and Mobility** 2015
- **Brain Fitness with Juggling** 2014
- **Design Your Fitness Plan for Living Independently**

Wellness and fitness workshops.

American Association of University Women – Bridging the Columbia, Portland, OR
Joint States Convention, Oregon and Washington

- **Brain Fitness with Juggling**
- **Saturday Morning Exercise** 2014

Wellness talk and fitness session.

Shoreline Lake Forest Park Senior Center, Shoreline, WA

- **Learning from John: Lessons in Recovering from Stroke** 2014

“What’s New” wellness series.

Quail Park of Lynnwood, Lynnwood, WA

- **Brain Fitness with Juggling** 2014
- **“Put Pain in Its Place”, Arthritis Foundation and NCOA**
- **You Can Grow New Brain Cells**

Interactive fitness and wellness talks.

Bayview Retirement Community, Seattle, WA

- **“Put Pain in Its Place”, Arthritis Foundation and NCOA** 2014
- **Walking Poles for Balance and Mobility** 2014

Skills clinic.

Title Nine, Greenlake, Seattle, WA

- **Walking Poles for Balance and Mobility** 2014

In-store event. Skills clinic.

Golden Sunset, Seattle, WA

- **Falls Prevention Workshop**

2014

Wellness talk.

Federal Employees Retirement Group, Snohomish PUD, Edmonds, WA

- **Introduction to Brain Fitness**

2014

Wellness talk.

Rotary, Elliot Bay Public House, Lake City, Seattle, WA

- **National Diabetes Prevention Program**

2014

Wellness talk.

Northwest Hospital Young Stroke Survivors, Seattle, WA

- **Learning from John: Lessons in Recovering from Stroke**

2013

Wellness talk.

Arthritis Foundation / NCOA, "Put Pain in Its Place"

2013 - Present

Presented at the following locations:

- **Ballard Senior Center**
- **Aegis on Madison**
- **Nikkei Concerns**
- **Pike Market Senior Center**
- **Quail Park of Lynnwood**
- **Bayview Retirement Community**
- **Northgate Community Center**
- **Northaven Retirement Community**
- **Mirabella Seattle**
- **Greenwood Senior Center**
- **Hunger Intervention Project, Lake City Community Center**
- **Providence Place**
- **Washington Department of Labor and Industries**

Lion's Club, Wedgewood Broiler, Seattle, WA

2013

- **National Diabetes Prevention Program**

Wellness talk.

Calvin Presbyterian Church, Community Fitness and Wellness Program, Shoreline, WA

2011 - 2013

- **Falls Prevention, One Step at a Time**

Co-sponsored by the National Council on Aging (NCOA) and the Falls Free Coalition with guests from Richmond Beach Rehab, Shoreline, WA

- **Heart Healthy Eating on a Shoestring Budget**
Co-sponsored by PCC Natural Markets
- **Weight of the Nation**
Documentary series and moderated discussion made possible by a grant from HBO.
- **M.U.S.T (Medication User Safety Training)**
Co-sponsored by the National Council for Patient Information and Education (NCPIE)
- **Personal Safety Day**
With special guests from the Shoreline Fire and Police Departments.
- **Savvy Seniors Fraud Protection: Protect Yourself from Scams and Cyberstalking**
With keynote speaker Pauline Barrett and a representative from the Shoreline Police Departments. Co-sponsored by the National Council on Aging (NCOA).

Edward Jones, Annual Branch Administrators Conference, Space Needle, Seattle

- **Fitness at Your Desk**

2012

Fitness workshop.

“Pick Your Theme Song: A Sampler of Exercises for PD”

2011 - 2012

Given at the following support groups:

- Bellevue, North Bellevue Community Center
- Covington, St. John the Baptist Church
- Bainbridge Island, Young at Heart
- Edmonds, Edmonds Senior Center
- Everett, Providence Regional Medical Center, Rainier Room, Colby Campus
- Issaquah, Our Savior Lutheran Church
- Mercer Island, Community Center at Mercer View
- Mount Vernon / Burlington, Skagit Valley Hospital, Mount Baker Room
- Oak Harbor, Cherry Hill Clubhouse
- Redmond, Emerald Heights
- Seattle, Arrowhead Gardens
- Seattle, The Hearthstone
- Seattle, University House, Wallingford
- West Seattle, Providence Mt. St. Vincent
- Shelton, Timberland Library
- South Whidbey

Anacortes Parkinson’s Support Group, Anacortes, WA

- **Designing Your Fitness Program** **2011**
Gathering of business leaders, Green Lake, Seattle, WA
- **Joy and Survival in the New Economy** **2011**
The Parkshore Retirement Community, Seattle, WA
- **Walk Away Arthritis Pain** **2011**
12th Annual World Arthritis Day, Redmond, WA
- **From Intention to Action** **2011**
Sponsored by the Arthritis Foundation
- Decide. Create. Share.: Planning for your long-term care, Kirkland, WA
- **Developing a Fitness Plan** **2010**
Co-sponsored by American Association of Retired Persons (AARP) and the American Association of University Women (AAUW)

CURRENT BUSINESS RELATIONSHIPS

- Shepherd Family Chiropractic
- Sequoia In-Home Care
- Title Nine, Green Lake – In store walking pole workshops
- Rite Aide (35 stores, North Seattle, Shoreline, Richmond Beach, Lynnwood, South Everett) – Annual New Year health and wellness promotions
- Pushing Boundaries, Specialty Gym for people recovering from spinal cord injuries

MEMBERSHIPS

Member, International Parkinson's and Movement Disorder Society
 Member, Oregon Health and Science University, OHSU, Team Parkinsons
 Member, Society for Participatory Medicine
 Member, Pioneer Network

Business Advisory and Membership Committee Phinney Neighborhood Association (PNA)
 Member, Seattle-King County Referral Network
 Member, Daughters of Colonial Wars (DCW)
 Member, Seattle Branch, American Association of University Women (AAUW)
 Member, Toastmasters International, Wallingford 2-252
 Advisor, Roosevelt High School, GambiaHELP Club

Advisor, University of Washington Department of Rehabilitation, Occupational Therapy Masters students

Events Committee, Arthritis Foundation, Bone and Joint Expo, Bastyr University

Events Committee, GambiaHELP Color Dash