

Juliana Robine, MPH, PTA, CHES
Certified Lifestyle Coach
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Objective

Research, plan, implement, and evaluate lifestyle interventions to promote optimal health and wellness, preventing and reducing chronic disease.

Provide out-patient physical therapy to the client of all ages and spectrum, progressing each client to a functional level of sports and leisure activities.

Academic Education

Kent State University College of Public Health, Kent, Ohio
Master of Public Health
Social & Behavioral Sciences Concentration
Graduated December, 2013 GPA 3.76 Magna Cum Laude

Kent State University, Kent, Ohio
Bachelor of Arts in Communication Studies
Organizational Communication Track
Graduated May, 2008 GPA 3.78 Magna Cum Laude

Cuyahoga Community College, Cleveland, Ohio
Associate of Applied Science, Physical Therapist Assistant Program
Graduated June, 1993 GPA 3.89 Magna Cum Laude

Professional Certifications

Lifestyle Medicine Coaching Certification, 2019
Certified Health Education Specialist (CHES), 2015
Wellcoach Health, Wellness, & Fitness Certification, 2010

Professional Awards

American Physical Therapy Association Outstanding Physical Therapist Assistant of the Year, 2006
American Physical Therapy Association Outstanding Physical Therapist/Physical Therapist Assistant Team Award, 2006
Ohio Physical Therapist Assistant of the Year, 1999

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Professional Experience

Advanced Rehabilitation & Health Specialists

4707 Mill Street, Mantua, Ohio 44255

Co-Owner & Vice President, Physical Therapist Assistant, Lifestyle Coach, Workplace Wellness & Community Outreach Coordinator, 1998-present

- Provide diabetes and chronic lifestyle education to clients
- Organize and provide CDC's Diabetes Prevention Program to small groups
- Coordinate and perform all workplace and community outreach health promotion programming
- Oversee the development and delivery of high quality health promotion programs
- Organize and promote community health and wellness programming, including campaigns, programs, and events
- Coordinate health education to patients, clients, and the community
- Counsel clients about various health and wellness activities
- Build relationships with referral sources, the community, and colleagues
- Perform business activities to manage a successful business
- Collect data related to community health and wellness programs
- Perform out-patient private practice physical therapy specializing in orthopaedic and sports related injuries
- Perform Lifestyle Coaching with clients
- Promote health and wellness through education, classes, one on one, and in the community
- Develop press releases, issues briefs, and other communication messages

Research

Evaluation of the Cleveland Clinic's Lifestyle 180 Program: Chronic Disease: Lifestyle Interventions for Healthier Outcomes

MPH Practicum Experience 2013

Book Chapter on Dietary Protein and the Risk of Stroke

MPH Practicum Experience 2013

Published 2015

Chronic Disease, the Built Environment, and the Worksite:

Making a Difference on the Worker's Health 2013

Do Public Health Administrators Have a Role in Reducing Chronic Disease in the Workplace?

2012

"From Healthy Therapists to a Healthy Community; Let's Get You and the Community Moving"

A Walking Program utilizing pedometers 2009, 2010

The Effects of Health Communication in Promoting a Walking Program 2007-2008
 Can Health Communication Have an Impact on the Rising Healthcare
 Costs for the Employer and the Employee? 2007

Research Presentation

Evaluation of the Cleveland Clinic’s Lifestyle 180 Program & Book Chapter on Dietary Protein
 and the Risk of Stroke
 Presented November 25, 2013, Kent State University College of Public Health, Practicum
 Experience Presentation

Does Health Communication and Walking Improve Health Profiles?
 Presented October 17, 2008, Research Poster Presentation, Ohio Physical Therapy Association
 Fall Conference, Mason, Ohio

Does Health Communication and Walking Improve Health Profiles?
 Presented April 12, 2008, Undergraduate Honors Research Conference at Central States
 Communication Association, Madison, Wisconsin

Presentations/Lectures/Articles

Presenter Facebook Live, “Your Journey to Wellness” 2020 - 2021
 Presenter/Coach, “It’s Time to Focus on You & Your Journey to Wellness”
 A 12-week virtual program to Discover where You want to be
 in 2021
 Advanced Rehabilitation & Health Specialists 2021
 Presenter/Coach, “Your Wellness Journey; It’s Time to Focus on You”
 A 12-week program to Discover where You want to be in 2020
 Advanced Rehabilitation & Health Specialists 2020
 Speaker, Integrating Pre-Diabetes Management into Your PT Practice
 OPTA Annual Conference, Columbus, OH 2018
 Speaker, Clinical, Practical and Evidence-based Strategies to Manage
 the Runner across the Lifespan
 OPTA Annual Conference, Columbus, OH 2016
 Speaker, How to Enhance your Physical Therapy Practice with Exercise
 Classes and a Walking/Running Race Series
 OPTA Annual Conference, Columbus, Ohio 2015
 Speaker, “What? I’m in pain! How am I supposed to exercise? Utilizing
 Health Behavior Theory to Improve Exercise Adherence.
 OPTA Annual Conference, Columbus, Ohio 2015
 Co-author of book chapter with Adam Bernstein, MD, Dietary Protein
 and the Risk of Stroke, to be published early 2015 2013
 Co-author, “Enhancing Your Practice with a Running Program.”
 Published in *Impact*, the journal of the Private Practice Section
 of the American Physical Therapy Association 2012

Speaker, Multiple Worksites on a variety of topics ranging from First Aid, Heart Health, Nutrition, Physical Activity, Ergonomics	2010-2014
Speaker, American Physical Therapy Association Audio Conference, "Building a PT/PTA Team Relationship"	2012
Speaker, American Physical Therapy Association Private Practice Conference, Seattle, Washington, "Enhancing Your Practice With a Running Program"	2011
Speaker, Advanced Rehabilitation & Health Specialists, "Benefits of Lifestyle Coaching and Goal Setting"	2011
Speaker, Advanced Rehabilitation & Health Specialists, "Why 10,000 Steps? The Advantages of Wearing a Pedometer"	2011-2013
Speaker, Workplace Wellness Ergonomics and Health Related Issues	2011, 2014
Speaker, "To Stretch or Not To Stretch: The Role of Stretching in Injury Risk & Performance"	2010
Guest Lecturer, Cleveland State University Physical Therapy Program, "Community Programming"	2010-2012
Speaker, "Move Your Body to a Successful Gardening Season"	2010
Speaker, "From Healthy Therapists to a Healthy Community; Let's Get You and the Community Moving"	2009, 2010
Organizer, "Run For Fun" A physical activity program for 8-12year olds	2009, 2010
Organizer & Presenter, Community Walking at Crestwood Schools	2009-2014
Speaker, "Move Your Body to Success" An evening for running divas	2008
Presenter & Organizer, Walk for Your Health, "Let's Fight Obesity" 6 week walking program	2007
Speaker, The Benefits of Walking, Stepping Stones	2007
Presenter, The Benefits of Walking, 6 week education series	2007
Presenter, The Benefits of Walking, 4 week geriatric education series	2006
Speaker, OPTA Student Symposium on Functional Sports Conditioning	2006
Speaker, "Tune Up For Golf, Get Fit to Play Golf, Don't Play Golf to Get Fit"	2006
Presenter, OPTA Student Symposium on PT/PTA Collaborative Relationships: The Team Approach	2004
Project Contributor to the PT/PTA Collaboration Education Module including Education, Patient Care Planning, Legal and Ethical Issues, and Career Development	2003
Lab Assistant, APTA Annual Conference, Soft Tissue Mobilization of the Upper Quadrant	2002
Presenter, OPTA Student Conclave on Collaboration-PT and PTA	2002
Speaker, "Advanced ACL & Core Stabilization Training Camp" for Coaches and Athletes	2002
Lab Assistant, Soft Tissue Mobilization for the Orthopaedic Patient	2002
Lab Assistant, OPTA State Conference, Soft Tissue Mobilization of the Upper Quadrant for the PTA	2001
Lab Assistant, Soft Tissue Mobilization for the PTA	1995, 1996, 2000, 2002

Lecturer, OPTA PTA Programs regarding Organizational Structure and the RBNA within the APTA	1998-2004
Career Day Presentation to Middle School and High School Students regarding Physical Therapy as a Career	1996-present
Speaker, Aquatics Seminar	1997
Speaker, "Total Joint Management" Seminar	1995

Community Involvement

Leadership Portage County	2010-2011
Portage County Obesity Prevention Coalition	2009-2012
Organizer of Community Walks	2008-present
Parishioner, St. Joseph Catholic Church, Mantua	1963-present
Eucharistic Minister, St. Joseph Catholic Church, Mantua	2006-present
Mantua Shalersville Chamber of Commerce Member	2004-present
Mantua Potato Stomp Race Committee Member	1992-present
Running and Bicycling Events for Charity Fund Raisers	1990-present
Guest Speaker, 3 rd grade students, "Facts on Bones & the Body"	1998-2015
Guest Speaker, Boy Scouts Learning for Life Programs	1996-2002

Last updated July 14, 2021