



Meet Your Fairbanks IHP Wellness Consultants



Gerald Damron, BSC



Gerald has a bachelor of science in athletic training from Boise State University and is a certified personal trainer with the National Strength and Conditioning Association. He has owned and managed fitness facilities and has over 10 years experience working with clients. He is a volunteer coach in power lifting and a community member on the bocce team for Special Olympics, which he thoroughly enjoys.

Gerald has a lifelong history in fitness, health, and sports. His activities have included karate, in which he holds a black belt, baseball, weightlifting, training, and skiing. He has spent much of his life in Fairbanks.

Janice Cook



Janice served as a US Navy hospital corpsman (LPN equivalent) for 10 years. In the service she expanded her knowledge of the human body by studying histology, a laboratory field dealing with body tissues.

Janice is a certified alpine ski coach and a body building champion, placing first in two categories at the 2007 Alaska State Championships. She has led group fitness classes such as PACE, Body Pump, and boot camp, is a certified ISSA trainer, and is working toward becoming a certified nutritional instructor.

In addition to her WIN for Alaska, Inc. responsibilities, Janice is also the lead tech in the Pathology Lab at Fairbanks Memorial Hospital. She has lived in Fairbanks for 13 years.

Renna Hoener



Renna has a Bachelor of Science Degree in Health and Physical Education with an emphasis in Health Promotion and Fitness Management from Southern Oregon University. During her studies she helped run the Be a Fit Kid! Program, and taught classes to all age groups in her community. Now back in her hometown of Fairbanks, Renna is continuing her education by completing a Certificate in Community Wellness Advocacy.

Renna enjoys practicing yoga and playing soccer. She also takes advantage of the Alaskan outdoors by downhill mountain biking, hiking, dirt biking, running, cross-country skiing and snowboarding. She has a passion for physical and nutrition education and participation.

WIN for Alaska, Inc.
PO Box 91393 | Anchorage, AK 99509
(907) 248-0797 | Toll-free (866) 248-0797
customerservice@winforalaska.com
www.uahealthinaction.com
© 2010 WIN for Alaska, Inc.

