

Rebecca Fietkau, MS, CSCS Owner, Intone Wellness

Rebecca Fietkau is the owner of InTone Wellness, a corporate wellness consulting company. She has a Master's degree in Health Promotion and multiple industry certifications, including American Council on Exercise (ACE) Lifestyle and Weight Management Consultant, ACE Group Fitness Instructor, First Aid and CPR, and National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist. She is an experienced wellness consultant, personal trainer, and group exercise instructor, and has taught fitness, health, and worksite wellness courses at Utah Valley University and Brigham Young University.



Rebecca's corporate wellness experience includes four years as a co-director of Brigham Young University's *Y-Be-Fit* employee wellness program, nearly five years as Site/Program Manager for Novell Inc.'s employee wellness program, and seven years in her current position as Wellness Director for ARUP Laboratories. She also manages onsite fitness center staff for Workers Compensation Fund.

Rebecca was the 2010 Chair for the Utah Council for Worksite Health Promotion, which hosts an annual conference and presents worksite wellness awards. She currently serves on the Council.