

**Elizabeth Cicely Newsome**  
**1705 Westridge Road**  
**Greensboro, North Carolina 27410**  
**336-288-3591**

**EDUCATION:**

*OB/GYN Nurse Practitioner*  
Emory University School of Medicine, Atlanta, Ga  
April 1992 – January 1993

*Bachelor of Science in Nursing*  
University of North Carolina at Greensboro, Greensboro, NC  
1982 – 1985

**EMPLOYMENT:**

*Physician Extender, Maternity Admissions Unit*  
The Women's Hospital of Greensboro, Greensboro, NC  
October 1999 to present  
Supervising Physician: Kelly Leggett, MD

*Physician Extender, Women's Health Clinic*  
Alamance County Department of Public Health  
December 1998 – September 1999  
Supervising Physician: Kim Walsh, MD

*Physician Extender, Women's Health Clinic*  
Guilford County Department of Public Health  
February 1993 – November 1998  
Supervising Physician: Arnold S. Grandis, MD

*Program Director and Manager*  
Sportime Racquet and Athletic Club, Greensboro, NC  
April 1990 – September 1991

**AEROBIC AND FITNESS  
EXPERIENCE**

*Owner, Sole Proprietor and Trainer*  
Core Dynamics Fitness and Nutrition Services, LLC  
Greensboro, NC  
Founded 2003

*Fitness Instructor*  
PurEnergy Health and Wellness Services  
1990 - 2003  
Group instruction, corporate instruction

*Fitness Instructor*  
Sportime Racquet and Athletic Club  
1986 – 2001  
Group instruction including STEP, Hi Impact and Lo Impact aerobics, Body Sculpting and circuit classes

*Fitness Instructor* (short term or fill-in basis)  
Ridgewood Swim and Racquet Club, Greensboro, NC  
Fitness Today, Greensboro, NC  
Ladies Ultimate Workout, Greensboro, NC  
Total Health and Fitness, Greensboro, NC  
City Health Club, Greensboro, NC

*Guest Fitness Instructor*  
Grand Lido Resort, Bracco Village, Jamaica  
Beaches Resort, Turks and Cacos  
Breezes Resort, Runaway Bay, Jamaica  
Grand Lido Resort, Negril, Jamaica  
Beaches Grand Sport, Ocho Rios, Jamaica  
Beaches Resort, Grand Bahamas  
Group instruction including STEP, Resist-A-Ball, Body Sculpting and Aqua aerobics

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**SPECIAL  
ACCOMPLISHMENTS  
AND CERTIFICATIONS:**

Nationally Certified OB/GYN Nurse Practitioner  
National Certification Corporation for Obstetric, Gynecologic and Neonatal Nurse Practitioners 1993

ACLS Healthcare Provider Certification  
January 2008

CPR Healthcare Provider Certification  
September 2007

Certified Nutrition Specialist  
Lifestyle Management Associates 2003

Certified Prenatal Fitness Instructor  
Healthy Moms Fitness, Inc. 2003

Certified Personal Trainer  
AFPA 2001

Certified Spinning Instructor  
Mad Dogg Athletics 1998

Certified Group Fitness Instructor  
American Council on Exercise 1996

Certified Group Fitness Instructor  
Exer-Safety, Inc. 1989

Master Trainer  
Resist-A-Ball, Inc.

Member, East Coast Athletics (ECA)

Member, International Dance Exercise Association (IDEA)

Member, Aerobic Fitness Association of America (AFAA)

**SPECIAL INTERESTS**

Fitness Program Design and Implementation  
Lifestyle Management and Coaching