

Ron Jones MS

CORPORATE WELLCOACH

Ron Jones is president of Ron Jones LLC in Valencia, CA and founder of TheLeanBerets.com. He and his associates provide wellness, injury prevention, and health promotion services for corporations, organizations, and community groups.

Ron is a credentialed teacher and has served as an endurance cycling consultant/race official nationally and internationally and presented at state and national conventions on corporate wellness and bicycle/pedestrian safety.

In leisure, Ron enjoys hiking, photography, and working with youth sports.

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www.ronjones.org

www.theleanberets.com

Education:

- MS, Kinesiology/Sport & Exercise Psychology
- BA, English Literature
- BA, Physical Education
- Secondary Clear Teaching Credential (English, PE, Health Science)

Licensure/Certifications:

- Corporate Wellcoach (Wellcoaches Corporation)
- Health Fitness Specialist (American College of Sports Medicine)
- RKC Instructor (Russian Kettlebell Challenge)
- Movement Coach (Z-Health Performance Solutions)

Professional Experience:

- Corporate Wellcoach Consultant
- K-12, Collegiate Education/Sport Coaching
- Radio Talk Show Host/Health & Fitness
- Collegiate Football Conditioning/Sport Psychology

Athletic:

- Race Across America-Team Champions (1995 & 1996)
- Race Across America-Team World Record (1996)
- Biathlon All-American Team (1992-1993)
- Furnace Creek 508 Ultracycling Hall of Fame
- United States Cycling Federation-Category II Road

