

Meet

Qaadir Pollard BS, CPT

Your Wellness Coach

Bachelors of Arts in Health and Exercise Science,
Specializing in Health Promotion and Fitness Management -
Rowan University
Certified Personal Trainer - American Council on Exercise

Prior to joining Wellness Coaches, Qaadir gained experience working in corporate wellness and fitness at various clients in New York and New Jersey. He assessed individual health needs, and designed fitness programs and provided nutritional strategies. He also has experience as a Wellness Director for the YMCA. Outside of work, Qaadir enjoys playing basketball, listening to music, and spending time with family and friends.



Qaadir believes that he can help you feel confident in your efforts to overcome daily challenges.

Consider Qaadir as a personal resource who will gladly answer your questions and offer coaching in areas such as:

General Health and Wellness Topics:

- Exercise, Fitness and Conditioning
- Tobacco Cessation
- Stress Management
- Nutrition
- High Blood Pressure, Heart Disease
- Diabetes
- Sleep

Health Metric Testing:

- Blood Pressure
- Body Composition
- Hydration

Management of Minor Aches and Pains or Muscle Soreness

Qaadir's pledge: To provide guidance on your journey to making realistic changes.



**Wellness
Coaches™**

On-site connections. Out-of-sight results.™

You may contact Qaadir at qpollard@wcusa.com Voice Mail: 1-866-894-1300 Ext. 277

EVERYTHING IS 100% CONFIDENTIAL!