

Meet the Wellness Staff

Blake Shepard, BS

Exercise Physiology

Wellness Coordinator



Fitness and Wellness has always been an important part of my life. I started to participate in gymnastics and other sports at a young age. As a teenager I suffered an ankle injury that would show me the importance and benefits of Physical Therapy. My therapist explained the significance of a good rehabilitation program for healing, strengthening and avoiding injury reoccurrence. I was so interested in this process at the time that I believe it was the first time I knew what I wanted to do as a career. When I was able to return to training with minimal deficits, I was fascinated with my body's continued healing process through conditioning.

College scholarships were a dream of mine and I was encouraged to continue to excel in pursuit of these opportunities in gymnastics. However, during my senior year of high school I suffered an ACL tear in my knee. Rehabilitation of an ACL tear required a process that was more intense than I was familiar with. My therapist developed a strict regimen to strengthen and rehabilitate my knee after surgery with the intent of allowing me to continue training. I enjoyed the entire process and began to understand that psychology also plays a significant role in the healing process. After a year of therapy, my knee was in great shape, if not better than before the injury.

During the year I spent rehabilitating my knee, I became intrigued with the way the therapist interacted with me and with other patients. The ability to connect with a variety of patient personalities was a strength I saw in myself and it solidified my decision to attend East Carolina University. I graduated in 2010 with a B.S. degree in Exercise Physiology. During my sophomore year, I volunteered at an outpatient Physical Therapy clinic in Greenville, North Carolina. I worked with a charismatic therapist who recognized my ability to interact with patients of all ages. I completed a semester long internship at the facility and then was offered a full time position as a PT Technician after graduation. This was a great opportunity to continue learning hands-on techniques and modalities. My job also afforded me the opportunity to pursue a vision to create a program for patients to transition into a wellness program after being discharged from therapy. After 2.5 years I decided to move back to Winston Salem, NC and start working as a PT Tech at an outpatient Physical Therapy practice that had a large facility set up for fitness and wellness. They had developed a "Track 2" program for individuals discharged from therapy. I was able to contribute my interactive and fun style to the program. After attending a seminar about functional aging, I was able to tour the facility and understand the need for a Wellness Coordinator in that environment. With my personal experiences, combined with further education and training, I know I will make a positive and influential contribution towards the residents and members of The Davis Community Wellness Center.

Blakely Faulk, BS

Exercise Science

ACSM-HFS



I am 22 years old and a recent graduate from UNCW, where I have earned a B.S. in Exercise Science. As a student, I completed my internship here at The Davis Community, gaining as much experience as possible. I have had the opportunity to learn and grow from working with the Wellness team here, and also from working with many of the current members. It has been such a privilege to get to know the people who have helped me truly engage myself into this profession. I am even more excited to say that, this is only the beginning. I look forward to building a relationship with as many of you as possible.

In my free time, I am normally somewhere on the beach. Whether it's going for an early morning run, playing fetch with my dog, fishing, boating, or even just enjoying some quiet time, the beach is where I can be found. I also really love to dance. I have been dancing since the age of four, and have never stopped. It's a great stress reliever, and so much fun! I encourage everyone to just "let loose, and dance!" Whenever I am not at the beach, or dancing, I try to live a lifestyle that incorporates all of the seven aspects of Wellness (Physical, Spiritual, Intellectual, Environmental, Social, Vocational, and Emotional).

I consider myself to be a very passionate person, and I really do care about the well-being of others. I try to be a good role model for others to follow, and I want everyone to be able to reap the benefits, that I thrive off of, by living a healthy lifestyle.

I have observed and instructed many of the classes here, and worked personally one on one with some of the members. I give my gratitude to everyone who has beared with me and helped me on this journey, by giving me corrective criticism, and also being a friendly face. I am still learning, but I am so excited to see what the future holds for me here. I hope I can be an asset to not only Davis Community, but to each of you personally as well. I welcome everyone to ask me questions, and try to get know me even better, so we can form a lasting relationship that goes beyond just Wellness.

Jennifer Pate

Zumba Gold Instructor



I was born and raised here in Wilmington, NC. I am married to my wonderful husband, Brad, and we have two terrific children, Slade 15, and Shayley 12. I also have two 4-legged fur-babies, Phinehas and Ferb. I have a BA in psychology from East Carolina University. Why Zumba® Fitness? Because I love to dance! I started dancing when I was 5-years-old. As a teenager, I was a competition dancer, and I danced on the ECU Dance Team while I was in college. I was introduced to Zumba® Fitness in the summer of 2012. I loved it instantly. I received my license to teach Zumba® Fitness in December 2012, and 2 days later, taught my first class! I have since received several other specialty licenses to teach other forms of Zumba® Fitness including Zumba® Gold, Zumba® Toning, Zumba® Gold Toning, Zumba® Kids & Kids Jr., Zumba Sentao® and Zumba® Step. It is a joy and a privilege for me to bring Zumba® Gold to the Davis Wellness Center.



Chanda Fiskin

Yoga Instructor

Chanda has been enjoying her life with Yoga since 1999 when she was first introduced to it in Charleston while teaching climbing at the James Island state Park. She continued with her personal practice while living in Telluride, Colorado for 12 years. Finally, once she moved to Topsail she pursued a training to become an instructor at the Wilmington Yoga center where she earned her 200 hrs. She found that Yoga was such an important aspect in her life and found a need to share this amazing life style with others. She started teaching basic classes at the Wilmington Yoga Center as well as Yoga with children. She spent the next few years earning more hours in various styles of Yoga such as Vinyasa Flow, Hot Yoga, gentle, pre-natal and children's Yoga. She continues to be challenged in her own life and has found that turning to yoga can help with the stresses both mental and physical. By just breath work alone has helped with her own health challenges and has brought so much patience in an otherwise impatient world.

Adam Zwan BS

ACE-CPT

Fitness Instructor

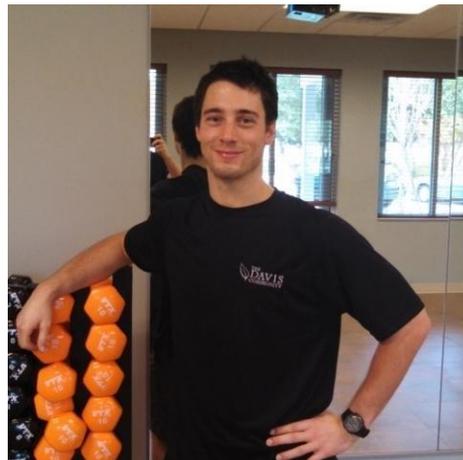


- Bachelor of Science in Community Health
- American Council on Exercise Certified Personal Trainer
- Arthritis Foundation Certified Exercise Program Instructor
- Arthritis Foundation Certified Aquatic Exercise Program Instructor
- American Heart Association Basic Life Support Provider
- YMCA Personal Trainer

Silas Perreault BS

NSCA-CSCS

Fitness Instructor



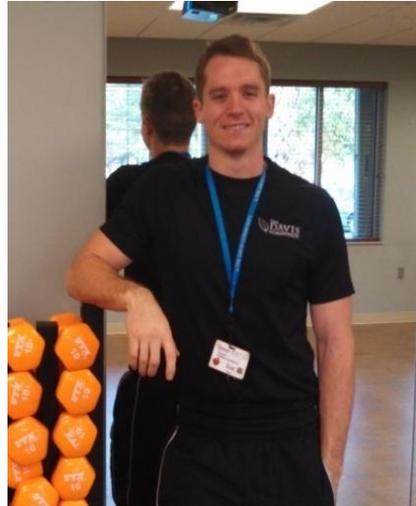
- Bachelor of Science in Exercise Science
- National Strength & Conditioning Association Certified Strength & Conditioning Specialist
- IYCA High School Strength & Conditioning Coach
- Arthritis Foundation Certifies Aquatic Exercise Program Instructor
- American Heart Association Basic Life Support Provider

Joseph Rouse MS

ACSM-HFS, GEI,

NASM-CES, GFS

Wellness Coordinator –Plantation Village



- Master of Science in Human Movement, Conc. Geriatric Exercise Science
- Bachelor of Arts in Physical Education & Health, Conc. Exercise Science
- American College of Sports Medicine Certified Health Fitness Specialist, Group Exercise Instructor
- National Academy of Sports Medicine Corrective Exercise Specialist, Golf Fitness Specialist
- Aquatic Exercise Association Certification Aquatic Fitness Professional
- Arthritis Foundation Certified Aquatic Exercise Program Instructor, Exercise Program Instructor
- American Heart Association Basic Life Support Provider