

# Tonya Meier Hardy

Adjunct Faculty, The University of Alabama in Huntsville  
Founder & Executive Director, Girls on the Run of North Alabama



## Education

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### **M.A., Health Studies/Health Promotion**

December 2006

The University of Alabama  
Tuscaloosa, AL

### **B.S., Psychology**

May 2001

Birmingham-Southern College  
Birmingham, AL

## Professional Experience

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### **Founder & Executive Director**

February 2017 – Present

Girls on the Run of North Alabama

- Responsible for council operations serving girls in a three-county region
- Manage recruitment, training and evaluation of staff, interns and volunteers
- Plan for the direction and leadership of the overall program
- Cultivate relationships with coaches, donors, parents, participants and schools
- Develop and implement necessary policies and procedures
- Oversee fundraising efforts: sponsorship, donor cultivation, grants and special events
- Develop and manage annual budget with input from board of directors

### **Adjunct Faculty**

The University of Alabama in Huntsville.

January 2004 – Present

- Teach lecture courses: Health & Wellness Concepts and School & Community Health
- Teach activity courses: Weight Training and Butts/Guts
- Develop course requirements and assignments
- Provide classroom instruction and group collaboration

### **Corporate Wellness Coach**

Corporate Health Partners

December 2016 – June 2017

July 2010 – October 2011

- Responsible for planning, implementation and assessment of wellness programs
- Provided one-on-one health coaching to at-risk employees
- Managed biometric screenings and health fairs
- Taught Fresh Start smoking cessation program

**Triathlon Training Director & Special Events Director**  
Fleet Feet Huntsville

June 2015 – January 2017

- Responsible for planning, implementing and evaluating multi-sport programs
- Supervised and trained multi-sport coaching staff and volunteers
- Led and developed coach training for run and multi-sport coaches
- Developed running, duathlon and triathlon training programs from 5k to Half Iron
- Managed and planned in-store events and fun runs

**Health & Physical Education Specialist**  
The University of Alabama in Huntsville

August 2007 – September 2008

- Implemented campus-wide wellness program
- Assisted with new course development and certificate development
- Managed equipment and supply ordering for department
- Assisted with semester reports and budgets

**Wellness Coach**  
Gordian Health Solutions (now Onlife Health)

February 2007 – August 2007

- Provided coaching on tobacco, stress, fitness, nutrition weight loss and hypertension
- Assisted participants in goal setting, focusing on SMART goals
- Evaluated participants readiness to change using the Transtheoretical Model
- Counseled participants on overcoming barriers to change

**Student Services Associate**  
The University of Alabama in Huntsville

August 2003 – August 2004

- Advised prospective students on admission requirements
- Counseled current students regarding various academic standards
- Assisted with streamlining and improving services offered
- Provided assistance with admission, registration, records and financial aid

**Grant Experience**

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Blue Cross & Blue Shield of Alabama, The Caring Foundation  
Junior League of Huntsville  
Girls on the Run International

2018 – Present  
2018 – Present  
2017 – 2018

**Honors**

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**Huntsville's 40 Under 40**  
256 Magazine

2017

**Health Educator of the Year**

2013

Alabama State Association for Health, Physical Education, Recreation & Dance (ASAHPERD)

## **Teaching Experience**

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### **Lecture**

KIN 240: Health & Wellness Concepts  
KIN 340: School & Community Health  
HPE 200: Contemporary Nutrition Online  
HPE 240: Health & Wellness Concepts Online  
HPE 250: Essentials of Personal Training  
HPE 255: Group Fitness Instructor  
HPE 351: Exercise Testing & Prescription

### **Activity**

HPE 100: Aerobics  
HPE 104: Cardio Kickbox  
HPE 110: Walk, Jog, Run  
HPE 111: Butts & Guts  
HPE 112: Fitball Conditioning  
HPE 113: Body Sculpting  
HPE 117: Weight Training  
HPE 127: Ladies Self Defense

## **Certifications**

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Certified Health Coach, American Council on Exercise	2016 – Present
Certified Healthcare Provider & Instructor, American Heart Association	2015 – Present
Certified Personal Trainer, American Council on Exercise	2013 – Present
Certified Group Fitness Instructor, American Council on Exercise	2004 – Present
Certified Level 1 Coach, USA Triathlon	2016 – 2018
Certified Health Education Specialist, NCHEC	2006 – 2017

## **Community Involvement**

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Girls on the Run of North Alabama, Steering Committee Director  
Maranatha Camp & Conference Center, Board & Committee Member  
Senior Center of Madison County, Studio 60 Fitness Volunteer  
Madison City Schools, Field Day Volunteer  
Salvation Army Food Truck, Server