



Wendy R. LeBolt, Ph.D.

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wendylebolt.com

Wendy Rilling LeBolt, PhD, CPT

Education

PhD (Cardiovascular Physiology) The Medical College of Virginia, 1990

MEd (Exercise Science) George Washington University, 1986

BS (Biology) The College of William & Mary, 1983

Experience

2024 Fit2Finish: recovery, rehab, return to play for active adults (www.wendylebolt.com)

2020-2023 Adjunct Instructor Kinesiology, College of William & Mary

2001 Founded Fit2Finish, LLC, specializing in youth athletes

Numerous Invited Talks and Articles in these topic areas

- Injury Prevention and Physical Literacy
- Pursuing a Healthy Lifestyle
- Women's Wellness
- Mind/Body/Spirit Health and Wholeness

Teaching for Osher/OLLI Adult Lifelong Learning Instruction

- The Amazing Human Body
- Reflective Journaling for Spiritual Wholeness
- Designing Your Own Fitness Practice
- The Science of Aging: Fact, Fiction and Fortitude
- Made to Move: A Mind-Body-Spirit Life Practice

Manuscripts/Books

- *Fit 2 Finish: Keeping Your Soccer Players in the Game* (January 2015)
- *Made to Move: Knowing and Loving God Through Our Bodies* (February 2019)

Program Design and Consultation (selected)

- ACL Recovery and Return to Play Training
- Team and Personal Injury Prevention Training
- The Healthy Athlete, A Coaching Education Program
- Physician Prescription for Prevention, Worldgate Sport and Health