

JENNIFER LARSEN, MS, ATC

PARKINSON'S DISEASE FITNESS PROFESSIONAL

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SUMMARY

Dedicated athletic trainer and movement practitioner with over 15 years of experience serving the Parkinson's community. Skilled in creating accessible wellness programs, focusing on expanding leadership and knowledge in health and wellness for diverse populations.

CLIFTON STRENGTHS

The Clifton Strengths assessment identifies an individual's top 5 natural strengths, helping to understand how to best utilize them in various aspects of life.

- Relator
- Belief
- Connectedness
- Developer
- Learner

PROFESSIONAL EXPERIENCE

Baysic Fitness

Sept 2005 - Present

- Delivers high-quality, individualized health and exercise programs to clients directly in their own homes, focusing primarily on exercise for those living with Parkinson's disease. Liaises with healthcare providers to ensure clients' complete health. Consult with other coaches and fitness professionals regarding business development and program implementation. Instruct weekly PD exercise classes.

YouTube Content Provider

April 2020 - Present

- Create and produce coached workouts specifically for those living with Parkinson's disease, available to the public on YouTube, at [Keep Moving for PD](#)

Group Exercise Instructor and Athletic Trainer The Parkinson's Institute

June 2011 - Dec 2018

- Developed and taught movement classes to patients affected with PD. Classes focused on gait, balance, and core strength.

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EDUCATION

Pennsylvania Western University

Doctor of Health Science and Exercise Leadership, Candidate
(Expected Graduation- August 2025)

California University of Pennsylvania

Master of Science: Exercise Science and Health Promotion,
Rehabilitative Science Concentration

San Francisco State University

Bachelor of Arts: Kinesiology,
Human Movement Studies

PRESENTATIONS

Larsen, J. (2025, May 27). Bridging the Gap: Collaborations between Neuro Providers and Exercise Professionals. UCSF New Neuro Team Meeting, online.

Larsen, J. (2025, Feb. 20). Exercise and Parkinson's Disease: Essential Considerations for Exercise Professionals. NETA Virtual Fit Fest, online.

Larsen, J. (2024, Aug. 2). Keep moving: The daily program [PPT Presentation]. Willow Glen Support Group, San Jose, CA.

Larsen, J. (2022, May 11). Keep moving with Jen: Start today [PPT Presentation]. Stanford APDA, online. https://www.youtube.com/watch?v=DWJ56iCJ_FE

Larsen, J. (2020, June 9). Exercising during Covid [PPT Presentation]. Stanford Health: Young Onset Parkinson Disease Support Group, online.

Larsen, J. (2016, July 12). PD PWR: What is it and how can it help? [PPT Presentation]. Stanford Health: Young Onset Parkinson Disease Support Group, Palo Alto, CA.

Larsen, J. (2015, Oct. 15). Exercise partners for people with PD: Offering support through exercise [Lecture]. Menlo Park PD Care Partner Support Group, Menlo Park, CA.

Larsen, J. (2014, April 23). Improving gait and balance with exercise [Lecture]. People with Parkinson's Support Group, Sunnyvale, CA.

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PROFESSIONAL SKILLS

- Prevention and care of movement injuries
- Developing exercise programs specific to delay symptoms of Parkinson's disease
- Time management
- Collaboration
- Discernment
- Perspective

PROFESSIONAL CERTIFICATIONS AND MEMBERSHIPS

Certified Athletic Trainer

National Athletic Trainer's Association
Carrollton, TX

Corrective Exercise Specialist

National Academy of Sports Medicine
Gilbert, AZ

Student Member

International Parkinson and Movement Disorder Society
Milwaukee, WI

Fitness Program Certified Instructor

Parkinson's Wellness Recovery
Tucson, AZ

Fitness Program Certified Instructor

Delay the Disease
Columbus, OH

Level 2 Practitioner

PD Warrior
Artarmon, AU

Exercise Management for Persons with Chronic Diseases and Disabilities

American College of Sports Medicine
Indianapolis, IN