

Retzlaff is elite trainer on Dr. Oz's Sharecare website

Exercise, nutritional and healthcare advice from certified professionals is only a mouse click away. Susan Retzlaff of Mayville, certified personal trainer and corrective exercise specialist, is an elite trainer on Dr. Oz's Sharecare.com. The healthcare website allows people to post questions, which are then answered by a team of healthcare professionals, consisting of doctors, dietitians, nurses, therapists and National Academy of Sports Medicine (NASM) certified personal trainers (CPT). Dr. Oz formed Sharecare.com because the number-one search on the internet is fitness and health related questions. The website was designed by Jeff Arnold, founder of WebMD. Retzlaff said that the site is like a "fitness Facebook" because it allows people to interact with other participants that share similar health issues. When someone posts a question on Sharecare, any of the professionals may answer. Questions can also be answered by some of the top health organizations in the country, such as the American Cancer Society. The questions are reviewed by a board of doctors and fitness experts before they are published on the site. Currently, Retzlaff has 47 published responses. "I heard about Sharecare when it was introduced on Dr. Oz's T.V. show," Retzlaff said. "Shortly after, I received an email from NASM explaining that Dr. Oz wanted to provide a platform where fitness professionals could share their knowledge to help combat the obesity problem." Because Retzlaff has eight years of experience as an NASM-CPT, the only other requirement for her to become a Sharecare coach was to take an online coaching course and an exam. She became a Sharecare coach and elite trainer in January 2011. Recently, Retzlaff was offered a position to be a contracted coach on Sharecare and receive an hourly wage to virtually train clients. She was pleased with the offer, but turned it down because she knew time would not permit it, as she runs her Fit4You Personal Training business and works part-time at the Mayville TAG Center. "My involvement with Sharecare is a non-paid job, but the rewards are two-fold," Retzlaff said. "There is the gratification I feel in helping people improve their quality of life and the knowledge I've gained from working with other experts in the field." Retzlaff also said that she prefers working with people one-on-one, versus virtually training someone. "It's kind of a resource site for me as well," Retzlaff said. "I get motivation from reading people's questions and answers." When she reads other answers that have been published on the site, she learns a lot of new information from the other experts. In addition to the site being a resource, Retzlaff is excited about Sharecare because it allows her to hear other people's stories and what motivates them to get involved with improving their lifestyle through exercise. "I've always enjoyed health and fitness related issues," Retzlaff said. "I am the type of individual that if I have a passion for something, I cannot learn enough about it." Retzlaff said that she tries to check the Sharecare website for questions that she can answer, at least a couple of times per week. If you are interested in reading Retzlaff's published responses, please visit her page at www.sharecare.com/user/susan-retzlaff. For more information on Fit4You Personal Training or the her services offered at the TAG Center, please call 920-296-9078 or email retzlaffs@charter.net "I believe your health is the most precious gift you can give yourself to live a full and active life," she said. "It is a blessing for me to help others empower themselves."