



CITY OF  
**VIRGINIA  
BEACH**

## Health and Wellness Intern

The City of Virginia Beach Fire Department is in search of a Health and Wellness Intern for the Spring of 2026.

**Day to Day duties can include, but are not limited to:**

- Assist with enhancing wellness initiatives, new hire fitness evaluations, and recruit physical training sessions for police and fire.
- Attending fire station and police precinct wellness visits.
- Leading morning or evening workout sessions for incumbent first responders.
- Assist with data collection and entry.
- Assist with Candidate Physical Ability Test
- Minor housekeeping duties

**Expected Schedule / Hours:**

Candidates will work 32 hours per week with some Saturdays required. The applicant is responsible to provide their own transportation to work and housing during the internship.

**Expected Start Date:**

January 2026

**Expected End Date:**

May 2026

**Required Education:**

Candidates seeking a degree, preferably a masters or senior level undergraduate students, in Exercise Science or closely related field.

**Application Deadline:**

Open until filled

**Compensation (depends on academic year):**

- Freshman/Sophomore: \$15/ hour
- Juniors/Seniors: \$16/ hour
- Graduate Students: \$17/ hour

**Application Process:**

Interested candidates will need to complete an application for the Internship Program (Requisition #44589) by visiting [www.vbgovcareers.com](http://www.vbgovcareers.com).

Please include Resume, and Transcript (unofficial will be accepted).

Incomplete applications will not be considered for the internship program.

References may be requested at time of interview. If you have any questions regarding this posting, please contact [HRRecruit@vbgov.com](mailto:HRRecruit@vbgov.com).

**APPLY TODAY!**

*The City of Virginia Beach is an Equal Opportunity Employer and does not discriminate based on age, sex, religion, national origin, race, disability, or political affiliation.*