

# Meet the Wellness Center Staff

## AMY LUTZEL, WELLNESS DIRECTOR



Amy developed a passion for wellness after she experienced many years of health issues (now resolved). Taking care of herself through exercise, healthy eating, and reducing stress, is what led her to a career in wellness. She decided she wanted to help others learn the benefits of a healthy lifestyle.

Amy has been the Wellness Director at Ivy Tech since 2013. She previously worked as a Health Advocate and Personal Trainer at St. Vincent Hospital and prior to that was a Fitness Tech for Ivy Tech and personal trainer and group exercise instructor at the Dunigan YMCA. Amy also taught classes in senior living centers and conducted private personal training sessions for special populations of all ages.

Amy has two Bachelor's degrees from USI in Communications and German. She is a certified Health & Wellness Coach through Wellcoaches and received her personal training certification through the American College of Sports Medicine. She is also an ACE Certified Nutrition Specialist. Amy is currently pursuing her master's degree through the University of Missouri's School of Education and Counseling Psychology Student Learning and Wellbeing program. She began her coursework in the Fall 2020 semester. Amy is Reiki Level II certified and provides free Reiki sessions to Ivy Tech students and employees upon request. Amy is currently a member of the American College of Sports Medicine® and the International Association for Worksite Health Promotion and serves on several wellness committees. Amy also has a background in mental health and is certified in Adult and Youth Mental Health First Aid and completed ASIST (Applied Suicide Intervention Skills Training) and is a Certified QPR (Question-Persuade-Refer) Instructor. Amy was proudly selected as the 2021 recipient of the Individual Award in Health & Social Services for Leadership Everyone's Celebration of Leadership.

When Amy isn't exercising, she is active on the Staff Council at Ivy Tech and volunteers for several organizations including the St. Vincent's No One Dies Alone program. In 2011, Amy ran in the Marathon for the Cure in Washington, D.C. and raised over \$6,200 towards breast cancer research. Her mother, who passed away from breast cancer, was her inspiration for doing this. She also competed in several triathlons. Amy loves to travel and spend time with her daughter and her pets. Amy adores animals and started a pet therapy program at Ivy Tech called Paws 'N Relax to help students manage stress and anxiety during final exams.

“Here at Ivy Tech, we are more than just a Fitness Center. We believe in treating the body as a whole and working on body, mind, and spirit. We have programs that focus on fitness, nutrition, and stress management including our Relaxation Room and emWave-Pro Biofeedback program to help manage anxiety. We want to help you live a long, happy, and healthy life.” If you have any questions about the wellness programs at Ivy Tech Evansville, you can contact Amy at (812) 429-0582 or at [alutzel@ivytech.edu](mailto:alutzel@ivytech.edu).

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## LANNA PLUNKETT, NASM-CPT, E-RYT, WELLNESS ADVOCATE



Lanna has a heart for supporting people in making healthier lifestyle choices. She graduated from USI with a bachelor's degree in Psychology and obtained a plant-based nutrition certification through eCornell University. Lanna is also an experienced registered yoga teacher and earned her NASM personal training certification. She recently became certified as a NASM Nutrition Coach and a Corrective Exercise Specialist. Having previously experienced a variety of ups and downs in her own health and fitness journey, she is passionate about empowering others to find balanced, healthy pathways to success.

Her philosophy of health is to develop a personally tailored relationship with exercise and nutrition that is both effective and enjoyable for the body, mind and spirit. In order to create long term changes, she discourages all or nothing approaches because they can often lead to burnout and cannot typically be sustained. Alternatively, building a happy and healthy relationship with food and exercise takes trial and error, time and consistency.

Lanna teaches group exercise classes and offers one-on-one personal training sessions including one-on-one yoga sessions. If you have any questions for Lanna, she can be reached at [lpunkett1@ivytech.edu](mailto:lpunkett1@ivytech.edu).



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