

AMY LUTZEL, WELLNESS MANAGER



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 Manager 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. She previously was a middle school volleyball coach and conducted youth wellness orientations at the YMCA.

Amy graduated from USI in 1996 with two Bachelor's degrees. She is currently pursuing her master's degree through the University of Missouri's School of Education and Counseling Psychology Student Learning and Wellbeing program. Amy is a certified Health & Wellness Coach and received her personal training certification through the American College of Sports Medicine. She is also an ACE Certified Nutrition Specialist. Amy is Reiki Level II certified and provides free Reiki sessions to Ivy Tech students and employees.

Amy has a background in mental health and is certified in Adult and Youth Mental Health First Aid, 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 and was a nominee in 2018.

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. Amy loves to travel and spend time with her daughter and her pets. She adores animals and even started a pet therapy program at Ivy Tech called Paws 'N Relax to help students manage stress and anxiety during final exams. She also created a Relaxation Lounge with a variety of tools to assist students and employees including a biofeedback program for anxiety.

Amy's dog Izzy is a Certified Pet Therapy Dog through Pet Partners and they do volunteer work at Walnut Creek Alzheimer's Special Care Center. They are also a part of the Walk With Me™ and Read With Me™ program through Pet Partners.

“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. 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.

ASHLEY KIEFER, FITNESS COORDINATOR



Ashley is a woman on a mission of compassion and joy. She began her wellness journey by shifting her eating habits and doing yoga as a way to treat inflammation and other health issues. Her personal path to experiencing a balanced lifestyle has led her to receive her E-RYT 200 Yoga Teaching Certification with Surya Chandra Healing Yoga School. She also holds a 200 hour Yoga Teacher Conscience Alignment Training Certification from Swastha Yoga International. Ashley also serves as a Yoga Alliance Continuing Education Provider and is a Founding Circle member of Yoga Unify, aiding other instructors to deepen their knowledge and teaching practices. Her yoga teaching focuses on the breath and how the smallest Yoga, allowing for all students to experience safety and transformation on the mat.

Her passion for whole body wellness extends beyond just yoga, she also holds her Sexual Education Provider Certification from Planned Parenthood and Athena's Home Novelties. Ashley believes that healthy relationship dynamics and sexual practices are a key element of living a balanced and vital lifestyle. She offers workshops on relationship communication and sexual education as well as how to set healthy boundaries and establish great self-care practices.

Nourishing food is also a love of Ashley's. She currently serves as a member of the Healthy Community Partnerships Food Work Group, is an Urban Seeds Board Member, and a part of the Evansville Food Security Commission. Ashley helped found and managed the Market on Main Farmers Market in Downtown Evansville from 2019 to 2021. She was honored to be chosen as one of the 20 40 and Under 2020 in Evansville for her work to create a vital local food system. She spends much of her spare time farming, working as a florist, and in her kitchen creating nourishing meals and herbal remedies.

