

Meet the Staff

AMY LUTZEL, IVY TECH EVANSVILLE WELLNESS MANAGER



Amy developed a passion for wellness after she experienced many years of health issues. 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 Ascension St. Vincent Hospital.

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 has served as an advisor for the Active Minds Chapter (mental health group) on campus. She previously served on the Staff Council. She also volunteers for several organizations including the Ascension 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 coping tools to assist students and employees. Ask Amy how you can be involved by becoming a Wellness Champion on campus.

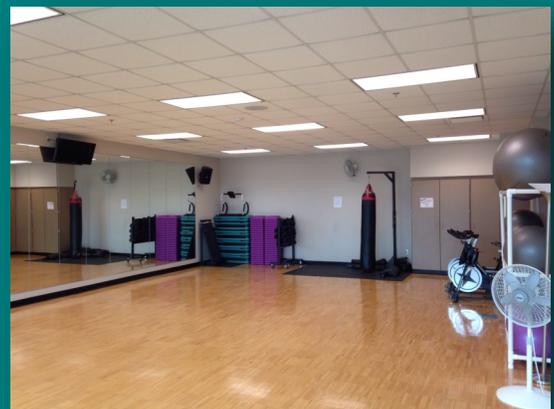
“Here at Ivy Tech, we are more than just a Fitness Center. We believe in treating the body as a whole and working on body, mind, and spirit. We have programs that focus on fitness, nutrition, and stress management. We want to help you live a long, happy, and healthy life.” If you have any questions about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

CARLY TOPPER, WELLNESS ASSISTANT



Carly has been practicing wellness her whole life. From a young age she was always on a sports team and can attest to its effectiveness in managing not only physical health, but also mental and emotional health. After graduating high school, Carly practiced yoga everyday and started to work to become a personal trainer. However, she found herself giving up on fitness to focus on her studies and her job, an outcome far too common for many individuals today. C

Carly is a member of Phi Theta Kappa and the Leadership Academy at Ivy Tech. Carly started working at the fitness center as a way to help spread health information and get back into practicing fitness and wellness while studying Psychology. She will be leading orientations at the wellness center, where you can learn how to use equipment and get help in starting an exercise plan. It is never too late to start!



Welborn Foundation
Wellness & Fitness Center