

Meet the Staff

AMY LUTZEL, IVY TECH EVANSVILLE 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 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 serves 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.

Amy and her dog Izzy are a Certified Pet Therapy and Animal-Assisted Crisis Response team through Pet Partners and they do volunteer work at schools, nursing homes, and comfort those who are victims of tragedies or natural disasters. 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.

MASON CLARK, WELLNESS ASSISTANT



Mason is a 2019 graduate of Ivy Tech's Associate Accelerated Program (ASAP). He also obtained a certificate in Professional and Community Communications while also interning in our marketing department. He loves to get people motivated and excited to start or strengthen their own wellness journeys.

His love for fitness began when his cousin began his own bodybuilding career. His passion for wellness started when he was a child, regularly participating in meditation and Tai Chi sessions in his hometown. He enjoys fencing and writing poems when he isn't reading them.

His education at Ivy Tech inspired him to show compassion and care to everyone he meets. He intends to exemplify the spirit of the Wellborn Foundation Wellness and Fitness Center and be a Wellness Champion to help guide anyone to greater health!

REBECCA DOUGLAS, YOGA INSTRUCTOR



Becca is an Ivy Tech nursing student and a 200-hour experienced Registered Yoga Instructor and Certified Barre Above Instructor. Becca loves yoga because it helps in every aspect of your life. Her work of teaching yoga is like receiving an amazing gift every day. She gets to witness the journey of her students as they heal from things like depression, fatigue, and stress. Becca gets to see them grow in their practice and see their bodies grow stronger and more flexible. Fostering an atmosphere that encourages creativity and friendship are her hopes in the classroom.

Becca is a mother, a grandmother, a lover of people, body movement, nature, good books, and kindness. When she is not practicing yoga or barre, she is singing or playing her guitar and ukulele.

