



Speaker Profile: Chelsea Lewis, MS

"Exercising Safely During the Winter Months"

January 19, 2021



Chelsea is a Wellness Specialist at UNMC's Engage Wellness Center, a medical fitness facility focused on whole-person wellness. In her role as a wellness specialist, she teaches fitness classes, develops specialized fitness programs for participants and monitors and assists participants using fitness equipment.

Previously, Chelsea has worked as a personal trainer at the University of Nebraska at Omaha and Edge Body Boot Camp. She is a certified AADE diabetes prevention lifestyle coach and first aid/CPR/AED instructor for the American Red Cross.

Chelsea received her Master of Science in Health, Physical Education and Recreation with emphasis in physical activity in health promotion from the University of Nebraska at Omaha (UNO). She also completed her Bachelor of Science in Physical Education with a concentration in exercise science and a certificate in Gerontology at UNO.

If you would like to contact our speaker please email: chelsea.lewis@unmc.edu

Chelsea's presentation materials can be downloaded at
unmc.edu/obgyn/community/brown-bag-handouts

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