

NOVEMBER STAFF SPOTLIGHT

LEA CARLSON

ROLE AT TRAIL POINT:

Lea started her internship at Trail Point in the middle of August with Drew Ness and Tanna Bonanno. She graduated from the University of Northern Iowa with a degree in Movement and Exercise Science in May 2018.

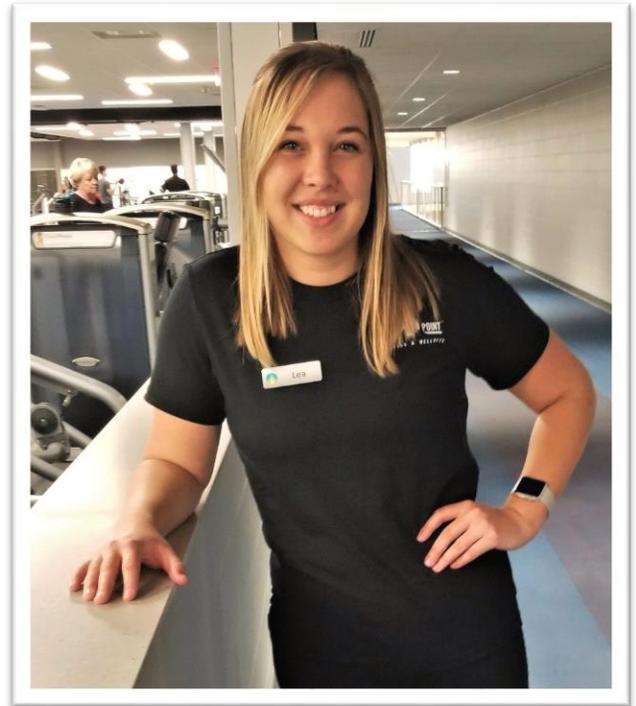
In September, Lea was hired to be the Health & Wellness Weekend Lead. When Lea is here on the weekends you can find her upstairs at the fitness desk providing support to TPAW members and the staff in the Health & Wellness Department.

Other than being the weekend lead, Lea leads the Trail Point Runners Club, as well as does the social media & data entry for the 90-day challenge.

WHAT IS YOUR FITNESS STORY?

My fitness journey began in high school when I started running and was introduced to weight lifting. Since the beginning my passion for health and fitness has always grown from bettering myself to wanting to help others do the same.

As I became more familiar with these activities, I wanted to expand my knowledge in the health and fitness industry by first taking related courses at North Iowa Area Community College my senior year of high school. The courses that I took pushed me to pursue a degree at UNI in Exercise Science. During my time in college I had the opportunity to teach kickboxing and TRX classes at UNI. All of which has lead me to my internship and now job at Trail Point where I get to work towards my goals and dreams of helping others.



WHAT KEEPS YOU MOTIVATED?

Helping others reach their health goals is what keeps me motivated along with my desire to live a healthy lifestyle.

WHAT'S YOUR ADVICE?

Start off by taking small steps towards your goals, and work towards a lifestyle you can maintain daily.