

# Employee Spotlight

## Lacy White

### *Exercise Specialist*

Lacy White is a fairly new member of the MMC family, but she's already made a big impact. White joined the staff at the Midwest Health & Fitness Center as an Exercise Specialist after graduating from the University of Iowa in 2007. Her primary duties include setting up members' fitness programs, leading group classes and working with physical therapy patients, but her influence extends beyond those tasks to a genuine interest in their welfare.

"Working with people to achieve their wellness goals is rewarding," White said. "When members come in the fitness center and tell you they have lowered their blood pressure or reduced their cholesterol, that is gratifying. The members and patients have great stories, are happy to be here and are great people to get to know."

That feeling is certainly mutual. White recently sent a note to one member, applauding her efforts to come into the center regularly after work. The member was touched and encouraged by the personal attention and called to thank White, who says shared moments like that are her favorite part of the job.

When not helping others improve their fitness, White spends her spare time keeping active herself by walking and jogging and also enjoys watching baseball games and movies.



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