

Employee Spotlight

Shannon Williams, BS, ACE *Certified Group Fitness Instructor*

Fitness Center Exercise Specialist Shannon Williams personifies the Planetree philosophy. The Planetree model of care, practiced at all Midwest Medical Center facilities, is a patient-centered, holistic approach promoting mental, emotional, spiritual, social and physical healing.

“One of the best parts of my job is when I can help someone reach a goal, be it losing 10 pounds or moving from a walker to the elliptical,” Shannon said. “I love the people I work with and I love the Fitness Center members. They are all like extended family to me.”



Shannon supplied an extra dose of love to a Fitness Center member who was recently admitted for in-patient care. Shannon visited regularly, ate lunch with him and even signed him out for a dinner out of the facility.

“Shannon’s actions were generous, heartfelt, certainly Planetree, and displayed character fitting of an “Employee of the Month,” Director of Fitness Marty Soat said.

Shannon is a graduate of Iowa State University with a degree in Exercise & Sports Science and is an American Council on Exercise (ACE) Certified Group Fitness Instructor. In her off hours, she enjoys spending time with her family — husband Andy and son Cooper.

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