



## **Amy Willis, Fit For Work Wellness and Ergonomics Specialist**

Amy Willis received her Bachelor of Science Degree in Sports and Recreation Management from the University of North Texas in 2001. She recently completed her Master of Art Degree in Health and Wellness Promotion with a specialization in Christian Counseling from Liberty University (2010).

As a certified Exercise Physiologist, she initiated a corporate wellness program with J.P. Morgan Chase. She helped foster lifestyle changes for employees and their families through health education, fitness challenges and office ergonomic interventions. Later, she worked as a Wellness and Ergonomic Specialist at the Texas based Toyota Motor Manufacturing Plant. She helped initiate fit for duty testing, quarterly physical demand analysis and return-to-work programs. Amy worked with engineers and manufacturing specialists to optimize material handling and assembly line processes and reduce cumulative trauma injuries. In addition, she offered injury prevention classes and exercise programs to improve workplace safety and promote employee health. As an Ergonomic and Wellness Consultant with Fit for Work, she has worked in various industries including manufacturing, warehouse, and health care promoting wellness, lean ergonomics and early intervention.

Amy is a Certified Ergonomic Assessment Specialist and has completed hundreds of ergonomic assessments and implemented corrective actions to reduce risk. Also certified by the American College of Sports Medicine, Amy's hometown approach to health promotion and health education has changed the lives of many employers, employees and dependents.