

# Kellie Coleman

## **How many classes/years have you taught at LifeQuest?**

- I have been a guest lecturer for many years.

## **Please list your most recent job title:**

- Fitness Coordinator at UAMS

## **What is your educational background?**

- Masters in Sports Management

## **Please list experiences, awards or recognition you've had which are related (or not!) to your upcoming class topic:**

- For the past 20 years I have specialized in the older adult fitness in a hospital setting and have been at UAMS in my current position for 14 years. Having served on the board of the Arthritis Foundation and been on many committees for the American Heart Association, Arthritis Foundation and Arkansas Department of Health, I understand many of the challenges we face as we age and help develop programs that give us the strengths to face those challenges

## **Please tell us why you like to (or are interested in) teaching at LifeQuest:**

- Lifequest is a wonderful educational opportunity with a large variety of course and subjects. Participating in Lifequest is high on my list of "things to do" when I retire.

## **List three distinctive personal facts about yourself:**

1. Quilting and Sewing Bags is one of my hobbies
2. My husband and I love to spend vacations exploring national parks
3. I've spent 50 years in the water averaging 10 hours a week – first as a competitive swimmer, then teaching swim lessons, managing pools and have taught water aerobics since 1985.