

Kristin Lippencott

How many classes/years have you taught at LifeQuest?

- This is my first session teaching.

Please list your most recent job title:

- Principal Consultant, Corporate Health Promotion

What is your educational background?

- I hold Masters Degrees in Business (MBA) and Exercise Science and Health Promotion (MS).
- I am also an ACE Certified Medical Exercise Specialist.

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

- I've been teaching fitness classes for over 5 years in Little Rock – both outdoor and in clubs.
- I currently develop and implement wellness programs for employees at Arkansas Blue Cross Blue Shield.

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

- I think learning is an ongoing journey and I love what this organization is bringing to our community. The mission also hits close to home, as I watched my grandmother struggle with dementia as her network of friends and social life dwindled. I wish she had access to a program like LifeQuest to keep her brain active and engaged in learning and social interaction.

List three distinctive personal facts about yourself:

1. 80% of what I listen to is talkradio – ESPN is my favorite....
2. However, if there is a good song on the radio I will circle the block until it is over.
3. My first job was scooping ice cream at a local tea shop, dressed in period clothing from the late 1800s.
4. I am not very creative when it comes to naming animals. I have had a Beta fish names "Fishy", a kitten named "Kitty" and a Chinchilla named "Chinchilla"