

Teresa Lovely is Business Coordinator for the Development of Worksite Wellness for the CDC Obesity Grant project with the Department of Public Health and Wellness Director with the Kentucky Chamber of Commerce in Frankfort. Her work focuses on determining current statewide wellness programming and best practices, education and training in worksite wellness for private business. Lovely has more than 10 years experience in worksite wellness and employee health management.

Before this most recent position, Lovely was employed as a Health Promotion Coordinator with the Vanderbilt Kim Dayani Health Promotion and Wellness Center in Nashville as the wellness director for Logan Aluminum, Russellville, Ky for eight years. This comprehensive worksite wellness program improved employee health and reduced health care costs dramatically for the company. The program has received national attention for its achievements and has been featured in publications such as USA Today, Wall Street Journal, Chicago Tribune, and WebMD.

Teresa is a Certified Health Education Specialist and a Certified Health Promotion Director from the Cooper Institute. She also holds certifications as a personal trainer, group fitness instructor, weight management and lifestyle consulting, and as a clinical exercise specialist. She also serves on the practitioner advisory board for Wellness Councils of America. Teresa lives in Bowling Green and is located with the Bowling Green Chamber of Commerce at the Kentucky Transpark office.