

JILL MEMMER

Keeping Others Living a Healthy Lifestyle: Jill Memmer Works on This Goal Everyday

Graduate: Class of 2002 Occupation: Health Educator

Ordinary people try to make radical changes in the world to make it better. Others attempt drastic alterations within their families. Known to help make these common citizens turn around their lives, Jill Memmer educates those willing to change in Dubois County.

A 2002 graduate of Forest Park High School, Jill (Gehlhausen) Memmer would like to free our lives of fried foods and white enriched breads. Hoping to encourage others to pick healthier food choices, she wishes to make the difference with her career as a health educator and certified health and fitness specialist.

While in high school, Jill involved herself in many activities. She participated in student council, represented her class in homecoming, and ran cross country. She also took part in the 2002 band state championships in the color guard. After graduating from Forest Park, Jill went to Indiana State University and majored in psychology.

While attending Indiana State, Jill went on a skiing trip where she tore her ACL, MCL, and other ligaments. She had surgery and took physical therapy at Health Pointe in Jasper. At the rehabilitation center, her therapist inspired her; consequently, Jill later changed her career. She mulled over the idea of physical therapy, but she later decided on a major in health and fitness. After a year at Indiana State, Jill transferred to Purdue University to major in health and fitness. At Purdue, Jill received the Alpha Lambda Delta and Purdue Achievement Award, and later graduated after four years.

During her senior year of college, she began looking for a job. Talking with her mom one day, Jill learned of the job openings at Memorial Hospital. Immediately, she started communicating with them and visited over spring break. After that, she traveled daily to Jasper from Lafayette for interviews. On the finals week of her senior year at college, Jill received the offer for the job at Memorial Hospital.

Jill--hardworking and dedicated--has worked as a health educator at Memorial Hospital for two and a half years. As a health educator at Memorial Hospital, Jill helps others and leads them to healthier lifestyles. She also works as an employee and on-site coordinator. At work she teaches different health topics and takes blood

pressure and weight at local company screenings. She also assists in leading CPR and first aid classes as well as coordinating fitness programs. To aid her with daily tasks, Jill has recently received certification as ACSM Health and fitness specialist and American Heart Association CPR Instructor.

At her home in Ferdinand, she lives with her own family: her husband Jake and their 11-month old son Bryce. Jill also has a baby on the way. Her hobbies include running and scrap booking. She sets many goals for herself, such as competing in mini-marathons.

Looking back at her high school career, Jill gives this advice to all high school students: “Never say, when will I ever use this again and wiggle your way through the class or project. You never know when your life may take a sudden turn.”