



**Wendy H. Ramsey**  
*Founder & CEO*

**Wendy Hudson Ramsey** founded **Lean and Green®** to motivate individuals towards healthier behaviors. She creates comprehensive solutions to individual and organizational challenges in wellness based on assessments of corporate and individual readiness. These solutions include establishment of timelines and communications plans, tobacco-free policies and support, stress management practices, physical activity promotions, nutrition education, and medical self care modules. Her experience assessing the trade-offs between different levels of investment and potential population health outcomes is instructed by 30 years' experience in the fields of fitness, environmental health policy, and wellness services. Wendy's clients and sponsors have included international research and lending institutions, federal agencies, corporate fitness centers, academic and private enterprises.

Wendy performs motivational assessments and current evidence-based skills to evoke behavior change in individuals. She works with small groups to gain understanding of which wellness services suit a given population, how and to what degree the work environment may influence individuals' readiness for lifestyle change, and steps to improve health and wellness metrics.

Wendy earned her B.A. in Biology from Wells College in Aurora, New York. She also holds a Masters in Environmental Management from Duke University (Durham, North Carolina). She retains certifications as an ACE personal trainer, American Lung Association Freedom From Smoking facilitator, and trained assessor through Atlas Ergonomics. She serves on the board of the National Association of Health and Fitness and as a member of the worksite workgroup of the Iowans Fit for Life partnership. Wendy serves her church and neighbors as a Stephen Leader.