



Lindsay Maurer, M.S., EP, GSP

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“A great workplace culture isn’t just about the work we do—It’s about how we treat each other, fostering respect, empathy, and a shared sense of purpose.” Lindsay Maurer is a dynamic exercise physiologist and licensed massage therapist with over ten years of experience dedicated to transforming workplace wellness. A proud Colorado native, Lindsay earned her bachelor’s degree in exercise physiology from Western Colorado University, where she not only excelled as a long-distance runner but also led the High Altitude Performance Lab as the chief exercise physiologist for four years. Lindsay’s commitment to health and well-being extends beyond the classroom; she has pursued multiple certifications in personal training, fitness instruction, health coaching, and massage therapy. Recently, she furthered her expertise by obtaining a master of science degree in occupational health and safety from Columbia Southern University and a graduate certificate in total worker health from the Colorado School of Public Health. An award-winning wellness and safety consultant, Lindsay is on a mission to create innovative total worker health and well-being programs that empower employees rather than impose on them. Her approach champions a brave and collaborative environment, ensuring that the well-being of every worker is at the forefront. Outside of her professional pursuits, Lindsay is an avid runner, having completed several half and full marathons and even a 200-mile relay. Her adventurous spirit is matched only by her love for her family, including her husband, Alex, and their two children, Ollie (13) and Dagny (9). The Maurer family enjoys life in Grand Junction, Colorado alongside their playful pets: a cinnamon labrador named Stickers and a spirited Jack Russell terrier named Tilly. Join Lindsay as she shares her insights and passion for creating healthier, more vibrant workplaces where every employee can thrive!