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Amy Olsen is the physical activity and wellness coordinator within the School of Health and Applied Human Sciences at the University of North Carolina Wilmington. She has developed wellness content across numerous modalities to reach undergraduate students in all settings. Amy teaches multiple wellness and physical activity courses each semester. She also has guided sensing walks to faculty, staff, conference attendees, undergraduate students, graduate students, and administration. Amy previously served as a collegiate athletics coach and brings her coaching skills to her physical activity instruction.