



Alexis Broderick **Fitness Specialist Intern**

Alexis is an intern who currently studies Exercise Science at Grand Valley State University. She is a senior aspiring to work in medical sales in the near future.

Alexis is from the east side of the state, Tecumseh, MI - small town!

Some of her favorite activities include hiking, traveling, golfing, and cycling. She is very passionate about health and wellness and is very excited to begin her professional journey here!

Stop by the Optimal You desk to say hi