



Lexi Williams joined Harris Health System as an Employee Wellness Coordinator in October of 2022. Her role includes developing and implementing workshops, classes and events to promote wellbeing among the employees of Harris Health System. Lexi earned a M.S. in health education and behavior from the University of Florida and is certified as a health educator, personal trainer, health coach, and a behavior change specialist.

Throughout her professional career Lexi has worked in various settings which include hospitals, university campuses, corporate establishments, and community environments. As a personal trainer and health coach she worked with clients of diverse backgrounds varying in age, body type, fitness level, and intended goals. During this time in her career, she noticed many people have knowledge of what behaviors they “should” do to be healthy, but do not know how to implement those behaviors. This observation encouraged Lexi to work to help others overcome this barrier and live more healthful lives.

Lexi is dedicated to helping others reach their health goals through behavior change, mindful movement, and increasing health literacy. Lexi says her mission is to “Share what I know with others so they can improve their quality of life”.

When she is not working you may find Lexi in the gym, reading, or volunteering in her community. She is passionate about self-development and enjoys challenging herself both physically and mentally, as well as improving her community environment. Lexi enjoys reading

fantasy novels but welcomes all book recommendations. She considers herself a lifelong learner and embraces opportunities to learn.