

## 2020 GOLDING STUDENT SCHOLARSHIP WINNER NAMED



**W**hitney Allen, a senior at Metropolitan State University of Denver (MSU Denver), has been named the winner of the 15th annual Lawrence A. Golding Student Health/Fitness Scholarship. Allen was awarded a \$1,000 scholarship and a certification exam voucher.

The scholarship, awarded in honor of Lawrence A. Golding, Ph.D., FACSM, was created to publicly recognize undergraduate students in their sophomore, junior, or senior year who have made significant contributions to their community in health, fitness, and/or education.

Allen, a nontraditional student, went to college for the first time in her mid-30s. She explained that she had spent most of her life inactive and suffering with many detrimental lifestyle behaviors. “In my late 20s, I suddenly found myself weighing 200 lbs. and in pretty terrible overall condition,” Allen said. “In my early 30s, I decided to start exercising for the first time in my life. I went through my own fitness journey over a period of several years, and I was able to slowly transform myself — not only my body, but my overall health, mental outlook, and perspective. I experienced for myself just how powerful exercise and physical activity can be.”

Allen noted that it was then that she learned that exercise and fitness are about so much more than what a person weighs. “I felt inspired to learn all that I could from evidence-based science about exercise and its preventative, mitigating, and curative actions. I wanted to spend my education and future career in a field where I could really help and improve the quality and quantity of life for as many people as possible,” Allen explained.

Allen is majoring in exercise science and minoring in lifestyle medicine. “I chose lifestyle medicine as my minor because one cannot live a healthy, long life on exercise alone. I wanted as many tools in my toolbox as possible to help those I work with and will work with and lifestyle medicine really encompasses all those components,” she said.

“One thing that has been very stabilizing and that has taught me so much, is learning ACSM standards. Sometimes, the information can seem overwhelming, like trying to find a drop of water in the ocean. As I have come along in my academic career, the information I have learned from my ACSM textbooks has become the cornerstone to my education,” Allen explained. She also noted that her professors and the faculty at MSU Denver have been incredible. “I have had the privilege to learn from some of the best, and I have felt so supported and set up for success by them,” Allen noted.

**“Whitney is a remarkable young woman and a fantastic representative of our Exercise Science program at MSU Denver,” said Joseph Quatrochi, Ph.D., ACSM-EP professor of Human Performance and Sport and faculty advisor for the Exercise Science student club at MSU Denver. “She has excellent leadership qualities and is a joy to work with. We are all so pleased that she has been recognized for the prestigious Golding Scholarship. I know I speak on behalf of my colleagues at MSU Denver when I say how very proud we are of Whitney Allen!”**

Allen has been an ACSM member since 2016 and is an ACSM Certified Personal Trainer<sup>®</sup>, an ACSM Certified Group Exercise Instructor<sup>®</sup>, and also holds a level 1 Exercise is Medicine<sup>®</sup> credential. “I am very proud to be a member of ACSM. I have so much respect for this organization,” Allen said. “I am beyond honored to have received the Golding Scholarship. Winning this award reminds me to keep my standards high.”

When asked if she had any advice to offer other students who have considered applying for the Golding Scholarship, she said, “Go for it! There is no reason not to strive for excellence. If this scholarship is something that you are qualified for, do not let anything stop you.”

Allen recently started Exercise is Medicine<sup>®</sup> on Campus at MSU Denver. She explained that things are in the very early stages, but that there is a lot of support and excitement surrounding the program.

Allen’s future plans include completing an internship in either corporate wellness or exercise oncology before she graduates with her bachelor’s degree. After graduation, she plans to work and gain more experience before going back to school to earn a master’s degree in public health. Allen said she also wants to become an ACSM Certified Exercise Physiologist<sup>®</sup>.

Lawrence A. Golding, Ph.D., FACSM, was a member of ACSM from 1961 until his passing in May of 2018. He was a professional in the field of kinesiology and physical education for more than 60 years. Dr. Golding was the founding editor-in-chief of *ACSM’s Health & Fitness Journal*<sup>®</sup> and was the chair of ACSM’s Health & Fitness Summit Program Planning Committee for 12 years. To learn more about the Lawrence A. Golding Student Health/Fitness Scholarship and ACSM’s International Health & Fitness Summit, visit [www.acsmsummit.org](http://www.acsmsummit.org). For more student resources, visit <https://www.acsm.org/persona-pages/students>.