

The Luminary Award

Every few years, the Exercise Safety Association issues the Luminary Award, a special recognition and crystal trophy, to an instructor who has demonstrated outstanding leadership, shining light on the fitness community."

2023-24 Luminary Award Winner....

Laurie Gorman Ed.D. Moriches, New York



Laurie is an inspiration to all certified fitness professionals, who aspire to higher achievement. She began her career as a fitness instructor on Long Island, and there hosted an ESA training program where she became certified. Her choreography talents were noticed, and she became a presenter for the ESA Music & Movements National Tours, teaching her original choreography for a low impact but high intensity style of aerobic dance based on African and Brazilian rhythms that was unique in those days. Her attention to safety education and her relaxed style of “funky-aerobics” was met with tremendous enthusiasm across the country as she taught instructors how to create their own version of her moves along with methods to safely introduce this new style to meet all ages and fitness levels.

Yet, Laurie’s commitment to education over the years could never be called relaxed. She told ESA, “At the ESA training program, I was inspired to learn more about the human body and how it worked, and I decided to get as much education as I could.” So, her curiosity, enthusiasm, and drive, swept her from the dance floor to the classroom of higher education. She earned every major industry fitness certification and went on to pursue studies in physical therapy, chemistry, physics and pre-med, but eventually, found her “love in physical education” and earned a bachelor’s degree in exercise science. Next, her relentless pursuit of knowledge moved her to earn a master’s degree in exercise physiology, and she became an adjunct instructor at Nassau Community College, where she currently holds that position. There, Laurie conducted a research study on the knee when performing squats, which was published in the “Journal of the American College of Sports Medicine.”

Laurie continues to “reach for the Stars.” She recently earned her doctorate and hopes to be teaching at a second university or college in the near future. Laurie is a testament to all fitness professional that career dreams do not stop at ESA primary certification. They go on, step by step, as long as you keep reaching. Congratulations Laurie on an achievement well deserved. You are truly a Luminary! We look forward to watching your future achievements.

PREVIOUS RECIPIENTS OF THE ESA LUMINARY AWARD

Mary Ann Fantauzzi – Total Body Trifecta - Saratoga Springs, New York

Colleen Lammel-Harmon - Chicago Park District - Chicago, Illinois

Kim Osborne - Columbus, Ohio

Marsha Sobonya - Stillwater, Oklahoma

Andrea Daniels - Hove, UK

You can recommend an outstanding ESA certified instructor, by contacting ESA (407-951-6222).