

# I AM STEM

## Lynn Eppinger

*Sherolynn Eppinger takes personal healthcare very seriously. And she knows what she's talking about. She was the only female wrestler on her team at Warrensville Heights High School, and earned a scholarship to wrestle for the University of the Cumberlands. Sherolynn owns 1000 lbs. Lighter Fitness in the Union-Miles neighborhood, and works as a personal trainer, friend, mentor, and coach (among other things).*

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### How did you get to where you are today? What led you to own a fitness center?

My journey started as a student-athlete. I love sports. I spent half of my life playing sports. I was the only female wrestler on the team at Warrensville Heights High School, got a scholarship, and wrestled at the University of Cumberlands in Williamsburg, KY. And from there, I got a degree in health exercise and sports science. In my neighborhood, health was always an issue. I really wanted to learn so that I could help people in my community and my church live better lives and develop healthier habits.

### How do you use STEM skills as a business owner?

I am a one woman show, and more than anything, I use the technology part of it because we are in a technological world. When COVID shut down everything we took a month off, and I transitioned to teaching classes online. We went from having nearly nobody to a fully-flourishing business with an online presence. I just launched an app, and had to learn how to build a website and code. I use STEM all the time, literally daily in the functioning of my business.

### Can you describe the obstacles you've encountered on your journey?

There's always going to be obstacles. The biggest one was getting out of my own head. We are our own toughest critics, and a-lot of times it's just a matter of jumping off the cliff and doing it. I was scared to death to say, "I'll buy your business." I didn't know how to run a business and naturally self-doubt tried to talk me out of it. What I learned from being the only girl on the wrestling team, being ridiculed, talked about, you know all types of things, was to pushed through because I felt like it was what I needed to be doing. I think we all have thoughts and ideas of what we want to do. But a lot of times in addition to the self-doubt, outside noise from family, friends, life situations, communities we live in will make us feel like we can't. But when you have dreams about something, you should just move forward and see what happens.



The NeoSTEM Ecosystem is a collaboration of organizations throughout Northeast Ohio who partner to improve STEM educational opportunities for all students. Formed in 2014, the NeoSTEM Ecosystem's goals are to improve meaningful STEM learning opportunities for all students in the Northeast Ohio region. As one of 94 ecosystems operating as a part of the STEM Learning Ecosystems Community of Practice, the NeoSTEM Ecosystem holds regular virtual and in-person meetings to learn about what community educational needs are and to develop solutions for those needs. For more information, please contact us at [info@neostem.org](mailto:info@neostem.org).

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