

# Jen Day



Jen Day is running for the Nebraska State Senate District 49 seat as a Democrat. She feels that “the voice of everyday people is missing in politics,” and that she has the real world experience and policy knowledge to be the voice of working-class Nebraskans.

Born in Iowa but raised in La Vista, Nebraska, Day graduated from Papillion-La Vista High School. She then studied Political Science at the University of Nebraska at Omaha.

Day is married with two boys, and she and her husband own a local gym, Artis Strength & Fitness/Artis Barbell. Not only do they run the business side of the gym, but they also coach classes themselves on bodybuilding, powerlifting, nutrition,

and Olympic weightlifting. Day has actually competed as an Olympic weightlifting athlete at the Masters World Championship in 2016.

Even though Day keeps busy with her family and running a successful small business, she still makes time to stay involved in local activist and advocacy groups. Day and her husband have held fundraising events to benefit Open Door Mission, the Humane Society, and Red Cross, among other organizations. She enjoys volunteering for political campaigns and speaking out on important issues at school board meetings. Some of the issues she is most passionate about include social justice and public education, especially as they relate to gender and systemic racism.

Citing her top priorities as property tax relief and public education, Day doesn't want to be looked at as your typical politician and prides herself on being a “regular” person, small-business owner, wife, and mother. She wishes to represent her working-class constituents in the Nebraska Legislature.