



Joan Pagano: Strength Training Made Easy

Use the Joan Pagano Exercise Method to get fit without the gym. Strength training at home has never been easier or more effective!

Former trainer to Jacqueline Onassis and Caroline Kennedy, Joan has specialized in strength training for women since 1988.

Show and Story Ideas

- **Drop a Decade: Turn Back the Body Clock**
The exercises you need to revitalize your body
- **How to Have a Hot Body at 66, like Helen Mirren**
Who says you can't look sexy at age 50, 55, 60 and beyond?
- **Trading Your Heart Rate Monitor for a Pedometer**
Getting healthier one step at a time
- **Baby Boomer Alert: Muscle Loss is Creeping up on You!**
Is it reversible? Yes, but only with appropriate exercise
- **The Pro-Aging Workout Makes a Positive Difference**
Learn the key lifestyle factor for active aging
- **Baby Boomers can have Bikini Bodies**
Take flabby abs to fabulous abs in just minutes a day

Author, Speaker and Recognized Fitness Expert.

Joan Pagano is the author of best-selling fitness books, an informational speaker on health and fitness topics, and the owner of Joan Pagano Fitness in New York City.



“Joan is a veteran fitness professional. I value her writing skills, speaking presence and collaborative spirit!”

Sandy Todd Webster, Editor in Chief at IDEA Health and Fitness Association

