



**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.** Since 1988, she and her staff have provided professional guidance and support to people at all levels of fitness, creating hundreds of training programs for individuals, groups, fitness facilities, schools, hospitals and corporations.

Joan is an authority on the benefits of exercise for women's health issues such as pregnancy, breast cancer, menopause and osteoporosis as well as strength training through the decades. She has contributed to such publications as *SHAPE*, *Health*, *Fitness*, *Oxygen* and *Vitality* magazines, *The Wall Street Journal*, the *Chicago Tribune* and *The Cleveland Plain Dealer* among many others and has made national and regional TV appearances.

Formerly the Director of the Personal Trainer Certification Program at Marymount Manhattan College, Joan is also a nationally recognized provider of continuing education courses for fitness trainers through both the American Council on Exercise (ACE) and IDEA Health & Fitness Association. She is certified in Health and Fitness Instruction by the American College of Sports Medicine (ACSM) and is a Phi Beta Kappa cum laude graduate of Connecticut College.

**Joan is the author of:**

*Strength Training for Women (2004)*  
*Strength Training Deck (2006)*  
*8 Weeks to a Younger Body (2007)*  
*15 Minute Total Body Workout + DVD (2008)*  
*15 Minute Abs + DVD (2009)*  
*Home Workout + DVD (2010), contributing author*  
All titles published by DK Publishing.

See more on health and fitness at Joan's website: [www.joanpaganofitness.com](http://www.joanpaganofitness.com)  
E-mail Joan to request more information: [joan@joanpaganofitness.com](mailto:joan@joanpaganofitness.com)  
Call Joan to discuss a customized fitness program: 212-722-8116