

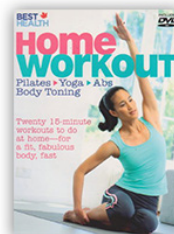
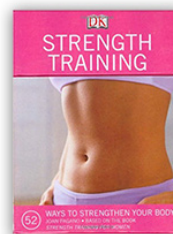
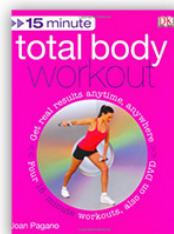
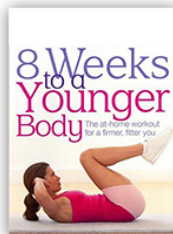
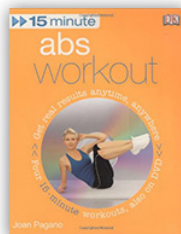


Aging Gracefully Takes Muscle!

Joan Pagano is a motivational speaker, author of best-selling fitness books, and the owner of Joan Pagano Fitness in New York City. Former trainer to Jacqueline Onassis and Caroline Kennedy, Joan has specialized in strength training for women since 1988. She is an authority on the benefits of exercise for women's health for all ages.

Joan has contributed to a long list of magazines, newspapers and websites and has made national appearances on TV and satellite radio.

Learn more on joanpaganofitness.com.



Show and Story Topics

Joan's presentations inspire audiences to take control of their health and provide people of all ages with simple strategies to do so.

- **Moving in the Moment: Improve Well-Being and De-Stress**
Develop a Movement Mindset!
- **Are You Sitting on Your Well-Being?**
Being sedentary for the average 9 hours a day is killing us!
- **Four Functional Exercises for Lifelong Fitness**
Bodyweight exercises provide a mini full-body workout
- **The Power of Positive Posture**
How posture affects breathing, energy and emotional well-being
- **The Exercise Remedy for "Tech" Neck**
Reverse the forward slouch and restore optimal spinal alignment
- **Go Organic with Exercise: Moving throughout the Day**
Five mini-sessions replace hour-long workout



"Joan, you are such a gem! And I'm quite serious, I get about 100 fitness and exercise books a month, but yours was the only one that I actually wanted to KEEP!"

— Beth Ameen, Producer, Doctor Radio, Sirius XM Radio