

Get Healthy with Holly TV Show Reaches Over 2 Million Households

Fitness entrepreneur's show expands audience airing in 14 states

STOW, MA, April 12, 2021

Holly Kouvo, fitness entrepreneur, speaker, and host of [Get Healthy with Holly](#) announced today that her TV show is being broadcast to over 2 million households. Kouvo, who has over 20 years' experience in the fitness industry, is best known as a personal trainer, nutrition specialist, and brain health trainer for active agers in the 50 plus community. Her company, Fitting Fitness In[®], offers exercise, nutritional guidance, and functional aging programs for conscientious audiences who want to remain in excellent health and shape as they age.

Kouvo's show *Get Healthy with Holly*, airs in New England and as far west as California and provides viewers from 35 – 85 years old, health, fitness, and nutrition advice that's accessible, fun and motivating. The show just entered its 4th season in January of 2021.

"My goal is to motivate as many people as I can to fit fitness and healthy eating into their lifestyle," Kouvo says. "I'm excited about the number of towns and households the show reaches and look forward to expanding the audience, even more. People are living longer and health has never been more important to them."

In her TV show, [Get Healthy with Holly](#), Kouvo focuses on keeping recipes healthy and simple for cooks of all levels. Her goal is to feature topics that interest people over 50 years old, who want to be healthier and more active. "Each episode of *Get Healthy with Holly* is under 30-minutes long to show how easy it is to fit healthy activities and recipes into anyone's day." Recipes from the show are available at www.FittingFitnessIn.com.

For more information on Holly as a speaker, fitness expert, brain health trainer, and her active ager training programs for senior centers nationwide, email Holly@FittingFitnessIn.com or call 978-502-8781.

About *Get Healthy with Holly*

The *Get Healthy with Holly* show is produced by Holly Kouvo of Fitting Fitness In[®] and filmed at ActonTV in Acton, MA. The show has over 32 episodes and airs in over 46 towns in 14 states. Episodes of the *Get Healthy with Holly* show, can be seen [here](#).

For media inquiries or to learn more about Holly as speaker, active aging specialist and details on her virtual brain training programs for seniors, email Holly@FittingFitnessIn.com or call 978-502-8781.

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