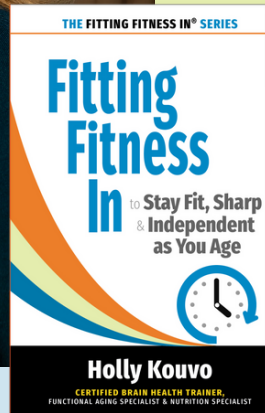




DO YOU WANT TO STAY FIT, SHARP, AND INDEPENDENT AS YOU AGE?



AS A BRAIN HEALTH TRAINER AND
FUNCTIONAL AGING SPECIALIST,
LET ME SHOW YOU HOW.



Every adult has witnessed functional decline in aging, either in themselves or a loved one. With the right strategies, we have the power to create vibrant health as we age.

STORY IDEAS

- Your fitness is a savings account—are you making deposits?
- Holly's helpful fitness hacks for staying sharp at 80, 90, 100, and beyond!
- Want to add years to your life? Start with what's on your fork.
- Is your workout the missing link to better focus, energy, and success at work?
- 5 healthy habits to develop now for a longer life later.
- Stronger Every Day: 5 easy ways to stay active as you age.

Holly Kouvo

is passionate about reigniting the lives of aging Americans through simple fitness shifts that help them retain their independence and increase their daily joy. She is an instructor, author, TV personality with over 2 million viewers, and public speaker who lives the lessons she teaches, and is always Fitting Fitness In®, which is the name of her company.



Holly@FittingFitnessIn.com

www.FittingFitnessIn.com

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