

Holly Kouvo

Motivational Speaker & Fitness Coach



Looking for a dynamic speaker to inspire and motivate your team or organization? You've come to the right place!

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, advisor, media resource, and public speaker who lives the lessons she teaches, and always finds a way for Fitting Fitness In®, which is also the name of her company.

Holly has 20+ years of experience in Fitness and Motivational Speaking.

WHO I AM

- Speaker
- Author
- Functional Aging Expert
- Brain Health Trainer
- TV Personality
- Personal Trainer
- Nutrition Specialist

SIGNATURE TOPICS

- ✓ Health & Fitness
- ✓ Brain & Balance
- ✓ Nutrition
- ✓ Active Aging

LET'S WORK TOGETHER!

Let me know how I can share my expertise with your audience! Contact me with any questions or ideas for collaboration.

✉ Holly@FittingFitnessIn.com

🌐 www.HollyKouvo.com

📞 (978) 502-8781

Learn More
and Watch
Me Speak:



"Holly presented to a group of realtor professionals who focus on serving senior homeowners. The feedback from them after the presentation was enthusiastic. It was impressive how many helpful and healthy action steps they came away with in a brief 45-minute presentation and well worth their time. If you get a chance to have Holly present to your group - do it!"

- Jean-Marie Minton of KW Real Estate Planner

Where You've Seen Holly Speak:



Massachusetts
Councils On Aging

