

## Biography

### Joan Virginia Allen

On Tuesday, May 19, 2020, Joan Virginia Allen will begin teaching 4 classes over two weeks for Body Wisdom Studio called *No Butt, No Pelvic Floor- Know Butt, Know Pelvic Floor*. Joan is a Nutritious Movement® certified Restorative Exercise Specialist (RES) and has been an instructor since 2011.

In 2017 she and three of her fellow (then) septuagenarian RES joined biomechanist Katy Bowman to co-author the book *Dynamic Aging: Simple Exercises for Whole-Body Mobility*. Following the success of the book, in the same year Joan created the blog *Dynamic Aging 4 Life*, where she and her co-authors share their experiences as they continue to *dynamically* age

(<https://dynamicaging4life.com/about-dynamic-aging/>).

Teaching and modeling physical fitness has allowed Joan to inspire and empower others as they grow older to maximize their mobility and strength. Now as a certified professional personal life coach, she partners with her clients in exploring what they want in their lives, what is getting in the way, and an action plan for success in anything they choose (<https://dynamicaging4life.com/2020-vision/>).

Joan describes herself as an explorer. She has successfully explored a variety of careers including legal secretary, paralegal, elder law and estate planning attorney, founder and coordinator of three county-wide multidisciplinary teams specializing in services to elderly victims of financial abuse, and a nationally certified strength and conditioning specialist teaching weight-lifting to older adults to maintain bone density.

With her husband of 46 years, Joan has explored 36 of the 58 national parks in the U.S. and the journey continues. She treasures her family of 4 children and 8 grandchildren. She lives on a 10-acre ranch in the mountains of southern California where the hiking trails and forest provide daily hiking and tree climbing/hanging opportunities.

Joan has first-hand experience with the importance of pelvic floor health. She recently had surgery to repair pelvic organ prolapse (<https://dynamicaging4life.com/preparing-for-surgery/>). Now, in her home exercise practice and in her daily life she is focusing on whole-body exercises and movement habits and patterns to support a healthy pelvic floor. (<https://dynamicaging4life.com/pelvic-floor-restore/>).