



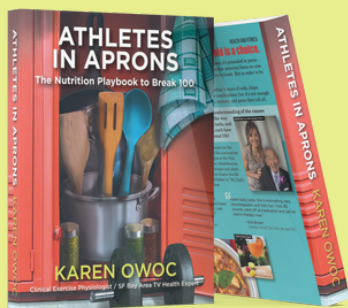
KAREN OWOC

ACSM-CEP, ACSM/ACS-CET

HEALTH & LONGEVITY EXPERT

Your age is a given. Growing old is a choice.™

By 2030, it's estimated that adults aged 80 years and older could grow to 19.5 million — a 109% increase from 2000. Today, 6 in 10 Americans have a chronic disease associated with the way they live.



Athlete in Aprons: The Nutrition Playbook to Break 100

"Karen Owoc is one of the many great humans — docs, nurses, surgeons, and Karen — that I credit for keeping me alive. I just shot the best round in years today!" - Bob Schmidt | Open-Heart Surgery Survivor (triple bypass at age 58)

"Karen really cares. She is motivating, very knowledgeable, and she's fun. I lost 40 pounds...went off all medication and just on aspirin therapy now." - Kirk Brown | Cardiac Arrest Survivor (at age 59)

EBOOKS

- Why-Can't-I-Lose-Weight Troubleshooting Guide
- The Happy Brain Blueprint for Weight Loss
- How to Stop a Heart Attack

CONTACT DETAILS

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karenowoc™

CHANGE HOW YOU AGE



A veteran with over 230 live appearances on KRON 4 News as the weekly health expert, Karen has shared her tips and strategies to living a longer, stronger, and happier life.

Karen Owoc is a certified clinical exercise physiologist specializing in lifestyle medicine. She works for the Palo Alto VA Medical Center in Cardiology and is in demand as a private medical fitness balance training specialist, plant-based consultant, and functional aging speaker.

STORY IDEAS

LIVE YOUNGER LONGER

The Truth About Aging - 6 insanely simple ways to offset 4 common aging conditions, inc. dementia.

How to Stop a Heart Attack - 3 lifesaving tips to know before the paramedics arrive.

Why You May Be Carrying a 40-lb Head - 7 tips to alleviate the most common pain generator.

The Surprising Link to Cognitive Decline - 4 things everyone should know, but most people ignore.

The Need-to-Know Myths and Facts About Gluten - Who's going gluten-free and is there a downside?

How to Prevent Sounding "Old" - 10 tips to age-proof your voice.

How Your Pulse Pressure Can Predict Your Longevity - What doctors may not be telling you.

The Secret to a Healthy Heart and Brain - Here's one place you may not be looking.

Why More Women Die From Heart Attacks Than Men - The symptoms every woman can't ignore.

AS SEEN ON

