

KAREN OWOC

ACSM-CEP, ACSM/ACS-CET

**Clinical Exercise Physiologist •
TV Health Expert • Author**

HEALTH & LONGEVITY EXPERT

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

Karen Owoc is a Clinical Exercise Physiologist specializing in preventive cardiology, lifestyle medicine, functional movement and longevity. Her clinical background spans cardiac and pulmonary rehabilitation, posture, balance and injury prevention.

A longtime San Francisco Bay Area television health expert, Karen is known for making health science practical, memorable and engaging. Her interactive approach gets people participating—not simply listening.

As Seen On



CONTACT DETAILS

Mobile: 925-413-6207

KarenOwoc.com

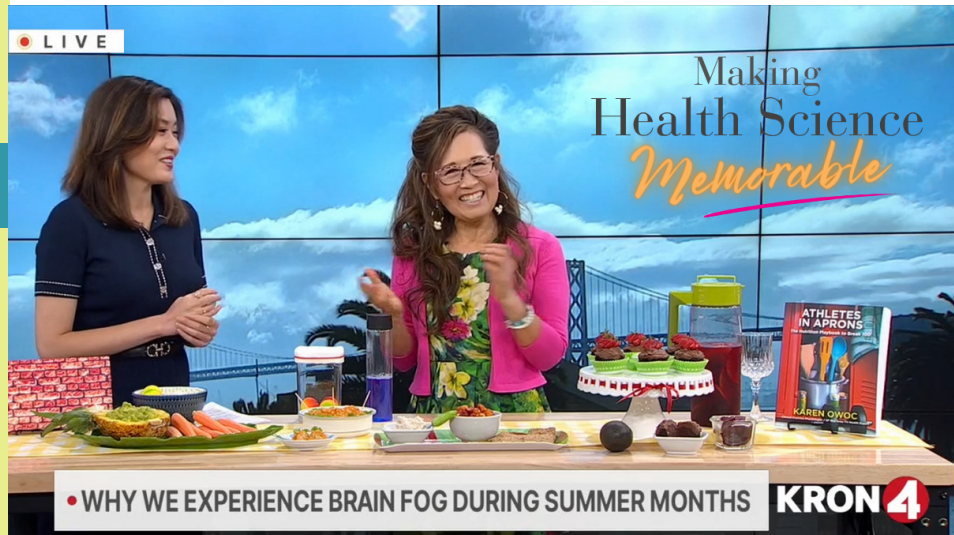
karen@karenowoc.com

San Francisco Bay Area



karenowoc™

LIVE YOUNGER LONGER™



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POSTURE + ERGONOMICS - Interactive posture awareness, workplace mechanics and movement breaks

BALANCE + MOBILITY - Interactive balance challenges and functional movement

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**Heart + Brain Health • Cognitive Wellness •
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Book

