



HELPING WOMEN OVER 40  
RECLAIM THE TUSH  
OF THEIR 20'S

## ABOUT PJ

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I've been a certified personal trainer, fitness instructor & health coach since 1995. During that time I have spent the better part of my career helping women over the age of 40 get fit and strong.

I love squats, lunges, a good burger, and a gin & soda with a squeeze of lime. Because let's be real, no one wants to eat salad all of the time.



## ELSEWHERE

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### PJ WREN

[www.fitnesswithpj.com](http://www.fitnesswithpj.com)  
[pj@fitnesswithpj](mailto:pj@fitnesswithpj)

YouTube: [/fitnesswithpj](https://www.youtube.com/channel/UC...)  
Facebook: [/fitnesswithpj](https://www.facebook.com/fitnesswithpj)  
Instagram: [@fitnesswithpj](https://www.instagram.com/fitnesswithpj)

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