



## Meet the Author



**Jill Bronsky, MS**

Jill grew up in Buffalo, NY and resides in the suburbs with her husband Sam. She has a son Alex, who recently relocated to Baltimore, Maryland and a younger son MJ, who is a freshman at a college in Cleveland, Ohio. She also has three senior animals – a chihuahua, who is 14yrs old, and two cornish rex cats that are 17yrs old. Jill likes to say that she has kept them active, too.

Jill is the owner of Forward Fitness, Inc. and is a certified trainer and group exercise instructor with over 20 years of experience. She has been in the fitness field since graduating from college and has seen all the fitness fads come and go. While working as a Wellness Director at a physical therapy facility, Jill had the opportunity to instruct a group exercise class for older adults with arthritis. That's when she had the "aha" moment. Very few places offered exercise programs just for the aging adult and no one had ever heard of a fitness instructor working "only with seniors." She was ahead of her

time. Jill began instructing group exercise classes, bringing a boom box in hand and a variety of fun and exciting fitness equipment in tow. She then became a certified personal trainer where she has witnessed unbelievable improvements in clients' mobility and activities of daily living.

Jill has specific expertise in the area of exercise training for older adults in reducing fall probability, improving function, and increasing independence. She received a Master of Science Degree in Physical Education from Canisius College, a Personal Training Certification through AFAA – Athletics and Fitness Association of America, Certified Functional Aging Specialist through FAI – Functional Aging Institute, an Exercise Program Leader from the Arthritis Foundation, and a trained Nordic Walking Instructor by LEKI. Her expertise in the area of older adult fitness has enabled Jill to become an author, writer, and speaker on such topics as Functional Fitness, Active Living, Nordic Walking, Balance, and Fall Prevention.

While her hometown is known for their cold winters and Buffalo wings, the Buffalo summers is what makes it really great! She tries to get outdoors as much as she can during those beautiful summer months. She spends the days golfing, riding her EliptiGo, Nordic walking, and biking. Jill's lifelong love for fitness makes her passionate about improving the quality of life for older adults so they can stay fit and active. She believes it is just as important to take care of others as it is to take care of yourself.



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