

BIOGRAPHY

Kathleen Pagnini, Inner Core and Pelvic Floor Specialist

Prior to studying the 'inner' core Kathleen has spent over 35 years focusing on the 'outer' core as an International Fitness and Pilates Expert. She has also won Aerobic Championships and Bodybuilding Contests.

Originally from Los Angeles, she has lived all over the world and has owned and managed multiple fitness facilities. She recently relocated to Redondo Beach, California with her husband.

In 2009, after creating the "Pilates and Chocolate" DVD that sells on Amazon, Kathleen was selected to mentor privately with world renowned, Dr. Theresa Nesbitt, OBGYN, Women's Wellness Specialist, to study and develop a Revolutionary Scientific Breakthrough System for women's health; addressing leaking urine issues, back pain, better sex, and how to have a smaller waist... without maniac workouts, without pills, pads, surgery, Kegels or crunches. It's a work in progress, a relaxation program.

Today Kathleen joins a handpicked team of experts worldwide led by Dr. Theresa, as she embarks on this new frontier for women's health.

Kathleen is the host of the upcoming show "*No Pause Menopause*" on WBTV.TV Women's TV Network on Monday's starting January 2018. She is the creator of "*The Corset and The Coat*" online eCourse and author of the book, "*7 Secrets to a Sexy Silhouette*".