

## Press Kit

### About Dr. MaryJayne

Recognized as an industry innovator and pioneer, Exercise Physiologist, Mary Jayne Rogers is a 30+ year veteran of the Health and Wellness Industry. Dr. Rogers is a leading programmer, presenter, writer, and recipient of several industry accolades including the international IHRSA/CYBEX Fitness Director of the Year Award and the IHRSA/Keiser 50+ Award for excellence in Mature Adult Programming. As a wellness authority, Dr. Mary Jayne provides expert commentary for radio, television, and publications such as Shape and SELF magazines and the Wall Street Journal.

Dr. Rogers brings multi-dimensional health and wellness experiences to a variety of educational settings with a welcoming and genuine teaching style. As an educator, Dr. Rogers is known for her ability to break down complicated information in order to provide a memorable learning experience.

Mary Jayne is a Faculty member of the American Council on Exercise (ACE), participates on the ACE Exam Development Committee, has served as a reviewer for the ACE-Certified Advanced Health & Fitness Specialist Manual and serves as an ACE Media Spokesperson. She is a certified Personal Trainer and Pilates Method Alliance Certified Pilates Teacher.



Dr. Mary Jayne Rogers is an Exercise Physiologist specializing in whole-person wellness and fitness education and instruction. As an educator, Mary Jayne brings multi-dimensional wellness and fitness experiences along with a welcoming and genuine teaching style to inspire students and wellness enthusiasts of all ages. Dr. Rogers is the owner of Profound Wellness LLC.

## **Endorsements**

“We relied on Mary Jayne as an integral part of our public relations programming. Her expertise as well as on-air persona projected professionalism along with a warm and welcoming style. Her numerous appearances on both commercial programming as well as local news and radio broadcasts provided a "face" to our business.” Scott Garrett, Owner – New Mexico Sports & Wellness

“Doctor Mary Jayne is a wealth of knowledge, has incredible insight in the areas of health, fitness and body, mind and spirit connections and knows how to weave them all together. I first saw her on local television news, speaking about health and fitness and I was blown away by her ease and confidence in front of the camera. I knew the first time I saw her, I wanted to know her and learn from her.”

## **Radio & Television Interview and Appearances**

World Class Rock 104.1FM Weekly Wellness Interview 2004

Regular appearances on Dr. Barry Ramo’s “Healthbeat”, (KOAT/ABC), number one rated news program in NM 1994-2005

Margaret Chavez Show Summer 1996 & 1997

Host of NMSW Community Channel Fitness Program (16) airings

Mike Roberts KOB-AM

Henry Taffoya KQEO-AM

Suzanne Bernadette KDEF-AM

Suzanne Bernadette KMGA-FM

Dave Scott KOOL-FM

KOB-FM

## **Segment Ideas & Interview Topics:**

### **With over two thirds of Americans overweight or obese:**

As parents how can we address healthy eating and exercise choices for our kids?

What can we expect with regard to the future health of our nation?

What about the “gluten-free” hype? Does this apply to children?

### **Setting Goals and Making Resolutions:**

Do resolutions work?

Are there techniques to ensure long-term success?

### **Sex:**

Can exercise improve your sex life?

If so what exercises are best?

Can sex improve your life?

### **Pregnancy:**

Should women exercise during pregnancy? If so how much and what types of exercise are best?

### **Movement as Therapy:**

Moving meditation

Depression

Stress

Anxiety

### **Exercise and the Older Adult:**

How do exercise and healthy nutrition help improve the aging process?

Finding the balance inside our bodies to facilitate balance in daily living.

Mortality versus Moribidity – The difference between dying and dying well.

Honest conversations about living long and living well.

**What is the “Core” and how do I find it?**

Everyone is talking about the “core”. Are you really working it doing all those βcrunches?

**Being the best you can be through illness and disability:**

Can exercise help? If so how?

Chronic pain

Orthopedic Issues

Parkinson’s

Diabetes

**Are Fit and Fat mutually exclusive?**

Can overweight people be fit?