



Joanne DiMauro Holistic Health Coach

ABOUT JOANNE

As Founding Director of KNOW YOUR BODY, I bring thirty years of body awareness knowledge to my practice. My unique and successful approach is drawn from a wide range of experience in nutritional/life style counseling, personal fitness training, professional dancing, acting, athletic competition and mind-body development.

I am trained in a multitude of dietary theories, including eastern and western nutrition, modern health issues, personal growth and development, and health counseling. As a graduate of the Institute for Integrative Nutrition, an affiliate of Columbia University, I am certified as a Holistic Health Coach through the American Association of Drugless Practitioners. I received my Bachelor of Science from the City University of New York in Mind, Body, and Spirit for Health graduating Magna Cum Laude. I was honored with the Thomas W. Smith Fellowship and I am a member of the Golden Key International Honor Society. In addition, I have received certification with the American Council on Exercise, Pilates Institute of America, and CPR.



WORKSHOPS FACILITATED

- 12 Step Program to Healthy Living
- The Sweet Workshop
- How to Lose Weight and Keep it Off
- The Whole Foods 5-7 Day Detox
- Cooking w/Greens Class
- Winterize Your Body (How to Stay Well All Winter Long!)
- Eating For Energy
- Release Stress w/Food and Nourishment (How to Stay Healthy in Stressful Times)
- Women's Health
- Whole Grains Cooking Class
- Nutritional Health & Healing

Drawing from a wide range of experience, I give wellness lectures to businesses and organizations and offer nutrition counseling and lifestyle coaching, detox and cooking classes to groups and individuals. I've written and recorded several nutrition audio/e-books, write a monthly health newsletter and blog, and contribute content to various health/wellness & nutrition sites. In addition, my team of professional trainers offers private one-on-one personal fitness training, group yoga and boot camp classes. My trainers tailor each fitness program to fit the needs of the clients. Currently my clients, both men and women, range from 25-91 years of age.

I, along with my fitness team at KNOW YOUR BODY, hold certifications through the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM), and Pilates Institute of America (PIA), in Pre and Post-Natal Fitness, Yoga, CPR and Fitness for the Older Adult to name just a few. Additionally, I have a professional background in the performing arts having worked with Academy Award winning director Bob Fosse, The Radio City Rockettes, and film director, Woody Allen. As a certified Manhattan Neighborhood Network Producer, I am developing various cable media programming to further my work as a health coach.

KNOW YOUR BODY fitness incorporates numerous training techniques and exercises such as cardiovascular, weight/resistance, flexibility, and breath-work, Yoga, Pilates, Feldenkrais, Core-Energetics, and Body Dynamics. By customizing and incorporating body awareness, nutritional/life style coaching and fitness training, your living conditions will improve not only physically, but emotionally, mentally, and spiritually.