

Joy Prouty, Fitness Educator and Trainer

Joy Prouty, a former Radio City Music Hall Rockette, has been a fitness instructor and trainer for 35 years. Prouty operates Fitness Programming, Inc., where she develops fitness programs for individuals and corporations and conducts fitness instructor education. She is also a Reebok Master Trainer. As a member of the Reebok University Global Development Team, Prouty creates and teaches fitness programs to trainers and consumers around the world. She has delivered these programs to more than 37 countries (including Europe, South and Central America, Canada, South Africa, The Mid-East and The Far East), as well as 40 States in North America.

For 15 years, Prouty owned and operated The Fitness Connection in Palm Beach, Florida. Her business was named as one of the "Top 10 Aerobic Studios in the United States" by Shape magazine because of her progressive, safe and exciting programming. Under the direction of Prouty, Fitness Connection was a leader in establishing the latest in fitness trends and application and was also recognized because of its personal service and sensible approach to fitness. Prouty received the 1989 AFAA Outstanding Business Accomplishment Award for The Fitness Connection.

Prouty and her business partner, Josie Gardiner, are world renown for their Getting Started fitness programs. The practical application of this programming for the rehabilitative, de-conditioned and mature market has been accepted and implemented successfully worldwide. Addressing all components of fitness, the programs are easy to follow, safe and effective.

In 1997 Gardiner was diagnosed with cancer. After treatment, and a long road back to fitness, she and Prouty joined forces to create a fitness program for other survivors. They have partnered with Dr. Carolyn Kaelin, director of the Comprehensive Breast Health Center at the Brigham and Women's Hospital in Boston, and Reebok International in developing a series of exercise rehabilitation videos for women recovering from breast cancer treatment.

Until recently, Prouty was also the Director of Fitness at The Greenhouse Spa at Donald Trump's Mar-A-Lago in Palm Beach. Prouty joined the staff in the development stage of the Spa, a year before its official opening. During this time she was responsible for design of the fitness area, selection of equipment, and hiring a qualified staff to carry out the state of the art fitness programming that she developed. After the opening of the Spa, she not only managed the staff, but she also designed individual programs and worked one-on-one with the Spa's elite and celebrity members.

The American College of Sports Medicine (ACSM) certifies Joy Prouty as a Health Fitness Director. She also has certifications from the American Council on Exercise (ACE) and Aerobic Fitness Association of America (AFAA).

In 1996, Prouty was one of five instructors selected to teach in the former US Surgeon General Dr. C. Everett Koop's "Time Life Medical" exercise video series. She also served on the ACSM Preventive and Rehabilitative Committee for six years, focusing on the

development and implementation of the Exercise Leader Certification. She presently serves on the ACSM Summit Program Committee. This committee has been responsible for the annual ACSM Summit Convention for the past six years. Prouty has also served on the committee on aging for IDEA, the largest association for fitness professionals, and is also a Five Star Presenter for their yearly conference – reflecting the many years of service and presentations she has done for this organization.

For three years Prouty served as the staff fitness reporter for the Palm Beach County ABC affiliate, Channel 12 and appeared as the local fitness expert for "PM Magazine". She has also appeared on numerous television and radio programs as a fitness expert in the Palm Beach County area. As a recognized fitness consultant she has talked about and answered questions on all the components of fitness including the benefits of exercise, the latest fitness trends and safety in performance. Prouty was an Associate Editor for ACSM's Health & Fitness Journal from 1996-1999. She wrote a column called "On-The-Floor In Health and Fitness" that focused on the practical application of science and research in classes and private training, as well as motivation and teaching techniques.

In addition to her current work with Reebok, Prouty is a consultant to Dynamix Music Company and Spri Products. Along with her partner, Gardiner, Prouty made two videos entitled "Exercise for Girls Like Us" for Spri, which distributes fitness products. Prouty and Gardiner have also developed eight videos designed for the 50+ market produced by the Healthy Learning company that are endorsed by the ACSM. They were original members of the "Resist-A-Ball" development team, as the mature audience specialists.

After leaving New York and the Radio City Music Hall, Prouty moved to Florida. She is the mother of three and grandmother of eight.