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Ready, Set, Go! Fitness Guru Denise Austin Joins AARP as New Wellness Ambassador

WASHINGTON, DC — AARP today named Denise Austin, a pioneer in the fitness industry, as the new AARP Wellness Ambassador. At almost 60 years of age, Denise is focused on the message that you are never too old to get fit, regardless of your level of skill. As an AARP Wellness Ambassador, Denise will bring a unique approach that blends exercise, nutrition and a positive attitude to help people feel their best.

“When it comes to getting people up and moving, Denise is in a league of her own having led the health and wellness genre for more than 30 years,” said Martha M. Boudreau, AARP Executive Vice President & Chief Communications and Marketing Officer. “Her commitment and life-long passion for educating people, including those 50-plus, on the importance of staying active makes her the perfect choice to be our new AARP Wellness Ambassador.”

Check-out Denise’s tips on turning idle time into toning time

[How many push-ups can you do while making popcorn?](#)

A staple in the fitness world for decades, Denise has sold more than 24 million exercise videos and DVDs, authored 12 books on fitness, and starred in the longest running fitness show in television history. She has created over 100 workout videos and DVDs and her broad popularity has led to her induction into the Video Hall of Fame in 2003.

“There are so many things we can’t change in life, but we can change the way we eat, move, and think,” says Denise Austin. “I am excited to serve as AARP Wellness Ambassador because it is important to me to get out the message that exercising and healthy eating, no matter your age, is important and easy to accomplish. The rest of your life begins right now. Ready, set, go!”

For more tips from Denise Austin on leading a healthy lifestyle, visit aarp.org/deniseaustin

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About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million that helps people turn their goals and dreams into 'Real Possibilities' by changing the way America defines aging. With staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and promote the issues that matter most to families such as healthcare security, financial security and personal fulfillment. AARP also advocates for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name. As a trusted source for news and information, AARP produces the world’s largest circulation magazine, AARP The Magazine and AARP Bulletin. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. To learn more, visit www.aarp.org or follow @aarp and our CEO @JoAnn_Jenkins on Twitter.

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