



CONNI PONTURO HOSTING ONLINE VIDEO SERIES FOR HEALTHY AGING MONTH

Leading Authority in Pain-Free Living, Conni Ponturo, Ushers in Healthy Aging Month by Showing Older Women How to Feel Better in Their Bodies

Woodland Hills, CA – September is Healthy Aging Month, which was designated in order to focus national attention on the positive aspects of growing older, which just so happens to be right up Conni Ponturo’s expertise. For the month of September, Ponturo is featuring a special series of exercise videos especially geared for women over 50, to help execute changes in your body, showing how to find more comfort, how to listening to what your body is telling you, and learning new ways to move your body for a pain free life.

“Living a pain-free ageless life is only possible when we understand the power of creating a harmonious connection with our mindset, emotions, and physical body.” The tools in “Listen: Watch what you say: your body is listening” will help you navigate the ups and downs of everyday life; the most important ones are mindset, movement, and meditation.

Ponturo has been in the health and wellness world for over 21 years. Her mission is to empower people into more movement and a deeper love for their magnificent bodies. As a former dancer, her career ended with the diagnosis of osteoarthritis, and with that, all of her dreams ended. Searching for another way to express herself, she became a massage therapist and an actor, but her love of movement and Pilates really shaped her career.

Her love of movement and her ability to see imbalances in the body make for a perfect system to reeducate the body. Ponturo’s knowledge of myofascial release techniques that you can do at home is unparalleled. Ponturo’s wish is that her clients are aware of their amazing bodies and how to work to the best of their abilities to allow them to move, feel better, and be even more alive. She is a multi-published author, vitality expert, and speaker. For more information about Absolutely Grounded Pilates, visit www.AbsolutelyGrounded.com.

“I am so excited about my passion and knowledge for creating a better sense of who you are within your body and what is holding you back,” added Ponturo. “As you release the mindset that keeps you stuck, you realize you are the creator of your healthy, vibrant, dynamic, and active life.”

Video exercises are included to help execute changes in your body, and readers will learn to lean into what their bodies are trying to tell them and to begin to value their pain. Pain is a gift, and it has something to tell you; you’ll learn to get comfortable listening to and learning about your body in new ways.



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“The most important work in our lives is listening to our bodies and how they want to move, rest, be valued, and be respected,” said Ponturo. “Your words have power-watch what you say because your body is listening. Start to pay attention to the words you use to describe your body.”

For more tips and to work out virtually with Conni Ponturo, or for more information about Absolutely Grounded Pilates, visit Ponturos online at www.absolutelygrounded.com.

About Conni Ponturo: Conni Ponturo is a leading authority on pain-free living, which includes the power of creating a harmonious connection of mindset, emotions, and body. Respected for her unique approach to transformational movement that merges Pilates, meditation, and mindset, Conni Ponturo teaches her clients how to flourish at every stage and age of their life. Connect with Conni at www.absolutelygrounded.com.