# Kim Pearl — Media Biography



Kim Pearl is a 70-year-old fitness instructor, author and creator of Kim’s Traveling Trainer, an active-aging project designed to help older adults stay active, strong and confident wherever life takes them.

Kim lives in Roseville, California, with her husband, Roman Wyniarczuk, a recently retired fitness instructor who taught Aqua fitness at Sun City Roseville. With nearly three decades of teaching experience, she currently teaches senior fitness classes in Lincoln Hills and fitness classes for the City of Roseville, where she is also known professionally by the professional name Kim Lewis.

Her teaching experience includes low-impact aerobics, strength training, step and chair fitness, with an emphasis on practical modifications that make movement accessible to a range of abilities.

The daughter of legendary bodybuilder and fitness pioneer Bill Pearl, Kim combines a lifelong fitness heritage with her own encouraging approach to active aging. Her familiar motto, “Don’t cry, modify,” reflects her belief that exercise should adapt to the individual—not the other way around.

Through her book, digital Passport, videos and community programs, Kim hopes to inspire older adults to remain active participants in their lives.

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