Kim Pearl — Media Fact Sheet

Name: Kim Pearl. Also known professionally as Kim Lewis in City of Roseville fitness classes.

Location: Based in Roseville, California. Teaches older-adult fitness in Lincoln Hills and for the City of Roseville.

Experience: Nearly 30 years teaching low-impact aerobics, strength/sculpt, step and chair fitness.

Approach: Accessible movement, modifications, consistency and travel-friendly routines. Motto: “Don’t cry, modify.”

Current projects: Kim’s Traveling Trainer fitness book (in development), Digital Passport Journal and Founders’ Circle pilot, video resources and an active-aging community.

Family fitness history: Daughter of multiple Mr. Universe champion and fitness pioneer Bill Pearl. This background complements Kim’s own teaching career.

Website: https://www.kimstravelingtrainer.com

YouTube: https://www.youtube.com/@KimTravelingTrainer

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