

Bio - Holly Reese | Lavender Legend

Holly Reese, known as *the Lavender Legend*, is a San Francisco Bay Area athlete, **Healthy Aging Coach**, and doctoral candidate in **Health Education and Promotion**, and the **first woman ever to set the Guinness World Record for the most push-ups completed in one hour**.

At **age 61**, Reese made history on **August 19, 2023**, completing **1,036 push-ups in one hour**, then broke her own Guinness World Record just six weeks later on **September 30, 2023**, with **1,207 push-ups in one hour**.

Now **63 years old**, Reese is training to reclaim the world record after it was surpassed. To do so, she must exceed the current benchmark of **1,575 push-ups in one hour**—a formidable endurance challenge.

Beyond competition, Reese is a **full-time Healthy Aging Coach** who works with adults aged **50 and older**, including many in their **70s and 80s**, helping them build strength, prevent falls, and maintain independence and quality of life. She is currently in the **final phase of completing her Ph.D. in Health Education and Promotion at Walden University**, where her dissertation focuses on a **real-world mixed-methods study exploring fall prevention behaviors among older minority adults**.

Reese's record attempt is both a personal challenge and a living demonstration of her life's work—bridging research, practice, and lived experience to show that **strength, purpose, and dreams do not expire with age**.

TV Chyron / Caption

Holly Reese, 63 — Guinness World Record Holder, Healthy Aging Coach & Ph.D. Candidate