

Holly Reese — “The Lavender Legend”

At 63, Healthy Aging Coach and Ph.D. Candidate Trains to Reclaim Guinness World Record

Holly Reese 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, she made history on August 19, 2023, completing 1,036 push-ups in one hour. Six weeks later, on September 30, 2023, she broke her own record with 1,207 push-ups in one hour. Now 63, Reese is training to reclaim the record after it was surpassed. To do so, she must exceed the current benchmark of 1,575 push-ups in one hour.

Healthy Aging & Research Background

Reese is a full-time Healthy Aging Coach working 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 completing her Ph.D. in Health Education and Promotion at Walden University, where her dissertation involves a real-world mixed-methods study exploring fall prevention behaviors among older minority adults.

Why This Matters

- First woman ever to hold the record
- Rare double record break
- Comeback attempt at age 63
- Evidence-based authority on healthy aging and fall prevention
- Living example of science-backed strength and longevity

Tagline

“Strength doesn’t have an expiration date.”

Contact

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