

Holly Reese — “The Lavender Legend”

Media Press Kit

At 64, Healthy Aging Coach and Ph.D. Candidate Attempts Guinness World Record Comeback

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, just days after her 64th birthday on June 5, Reese will attempt to reclaim the record on **June 14, 2026** at **Finnish Hall in Berkeley, California**. Doors open to the public at **4:00 PM**, with the official record attempt scheduled to begin at **4:45 PM**. To reclaim the title, she must exceed the current benchmark of **1,575 push-ups in one hour**.

Why This Story Matters

- First woman ever to set the record
- Rare comeback attempt at age 64
- Healthy Aging Coach since 2016 working with adults 50+
- Ph.D. candidate studying fall prevention among older adults
- Fundraiser supporting the Women’s Sports Foundation

Lead-Up Promotional Events

Rikki’s Sports Bar, San Francisco will host a promotional event in May featuring a mini push-up challenge, with a prize for the winner.

Starlight Strut, a monthly dance event at **Lake Merritt Dance Center**, will promote the record attempt to attendees during its May event.

Mission & Professional Background

Reese has worked as a **Healthy Aging Coach since 2016**, helping adults over 50 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 is a real-world mixed-methods study exploring fall prevention behavior among older minority adults.

Media Opportunities

- Pre-event feature or interview
- Coverage of May promotional events
- On-site filming of the June 14 record attempt
- Post-attempt interviews and reception coverage

Signature Message: “Strength doesn’t have an expiration date.”