



**Holly Reese aka  
the Lavender Legend**

# **Live attempt to reclaim Guinness World Record for Push-ups at age 64!**

**Record to beat: 1,575**

**Record category: most push-ups in  
one hour (female)**

**Holly's previous record 1,207 at age 61**

**June 14, 2026**

**Finnish Hall**

**1970 Chestnut St.**

**Berkeley, CA 94702**

**Prompt arrival time: 4pm.**

**Free live event. Open to the public.**

**Reception with Holly after the attempt.**

**Holly is a San Francisco Bay Area athlete, healthy aging coach, and doctoral candidate in Health Education and Promotion.**

***"Age is irrelevant. Never, ever give up on your dreams!"***

**Our event raffle with fabulous prizes donates a percentage of funds collected to the Women's Sports Foundation. "Empowering women and girls in sports."**

**Email [holly@healthyagingtransformations.com](mailto:holly@healthyagingtransformations.com) to receive event notifications.**

