

**SARA KOOPERMAN, JD**  
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**SCW Fitness Education**  
**151 S. Pfingsten Road, Unit P, Deerfield, IL 60015**  
**(847) 274-6308**

## **CAREER HIGHLIGHTS**

- CEO, SCW Fitness Education, 1987-date
- Co-Founder, CEO, WATERinMOTION® 2007-date
- CEO, Co-Founder, S.E.A.T. Fitness 2022
- Board Member for IHRSA Active & Safe
- IHRSA Talks & Takes Show Co-Host
- IHRSA Highlights Committee Member
- Board Member - IHRSA's Headlight Committees for Facility Standards
- CEO, Les Mills Midwest, 2005-2015
- Recipient, Illinois Businesswoman of the Year
- Lecturer, American College of Sports Medicine
- Lecturer, Cooper Institute of Aerobic Research in Dallas Texas
- Selected one of "the top 20 Trainers", SELF Magazine
- Contracted QVC Fitness Celebrity

## **AUTHOR**

- Author, Moms In Motion: Pregnancy & Exercise Book & Supplement
- Contributor, Callanetics Fit Forever by Callan Pickney
- Contributing Author, Aquatic Exercise Association Instructor Training Manual
- Chapter Author, Aquatic Exercise Association Personal Training Course Manual
- Chapter Author, Aerobics & Fitness Association Instructor Training Manual
- Editor, American Council on Exercise Aerobics Instructor Manual
- Editor, American Council on Exercise Personal Training Manual
- Editor, Denise Austin's Pregnancy & Exercise Book
- Fitness Editor, Oxygen Magazine
- Contributor, The AKWA Letter (AEA's publication)

## **MEDIA EXPERIENCE**

- CBS News at the Super Show
- Fitness Expert, CNN
- Fitness Expert, QVC Cable home-shopping network (12 years)
- Fitness Star, over sixty (60) best-selling Fitness Instructor Training Videos
- Contributor, Shape Fit Pregnancy Magazine
- Quoted Fitness Expert, AARP, Club Industry Business Magazine, Gold's Gym Magazine, Heart & Soul Magazine, Shape Magazine, Shape Fit Pregnancy, Self
- Contributor, American Fitness Magazine

## **CONVENTION PRESENTATION EXPERIENCE**

- Athletic Business Conference
- Asia Fitness Convention
- Aquatic Therapy and Rehab Convention & Regional Events
- CanFitPro
- Club Industry
- DCAC

- Filex (2021 Keynote)
- FitPro
- IDEA
- IHRSA
- International Aquatic Fitness Conference (AEA Annual Convention)
- International Council on Active Aging JCC Conference
- JCC Plenary Speaker
- Medical Fitness Association
- MANIA® Fitness Conventions
- World Class Convention (Moscow)
- YMCA (AYP Conference)

## **EDUCATION**

- Washington University School of Law (Juris Doctor)
- Cambridge University, England (Political Philosophy, Art History)
- Macalester College, St. Paul, MN (BA in Political Philosophy, English Literature, Dance Minor)

## **AWARDS, HONORS AND RECOGNITIONS**

- 2022 Fitness Industry Technology Council Innovation Award
- 2022 IDEA Fitness Leader of the Year Nominee
- National Fitness Hall of Fame
- Canfitpro Advisory Board Member
- Founding Member, Board of Directors Women in Fitness Association
- Gold's Gym Think Tank
- AEA Global Award for Contribution to the Aquatic Fitness Industry
- Ronald Reagan Gold Medal winner distinguishing her as a business leader who has contributed to the economic health of her community
- Founder, Michael Scott Scudder Award (free conference education donation)
- Co-Founder, Fitness Idol Competition (to encourage diverse and new presenters)
- Founder, Diversity Task Force

## **HOBBIES**

- Yoga
- Skiing
- Music
- Travel