

# CARRIE KOZIOL

WOMEN'S HEALTH PHYSICAL THERAPIST | PILATES SPECIALIST | PUBERTY/PERIMENOPAUSE COACH

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Carrie's passion is empowering and educating women about their bodies. She specializes in tackling "taboo" topics with a blend of humor, expertise, and practical tips that women are able to use right away to start moving their bodies better. A Women's Health Physical Therapist and experienced speaker, she has spoken in front of large audiences like MommyCon Chicago and more intimate settings in living rooms across the state, delivering messages to remind women that their bodies are temples and should be celebrated for all they are capable of doing!!!

She is a mother of three who understands what it is like to juggle motherhood, run a household, and manage a career while striving to remain fit and well. She is excited to share simple ways to infuse more nutritional movement into your daily lives without adding extra stress.



Carrie is incredibly knowledgeable about women's health issues and her presentation was so informative. Not only that, but she's a gifted teacher who makes a sensitive and complicated topic easy to understand, comfortable, and even fun to talk about! She went above and beyond to answer questions and make everyone feel empowered to take the next steps in their health. I cannot recommend her highly enough! - Sarah Hauser

"All of the feedback after your talk was, "Wow, I was surprised because I didn't have an idea coming in exactly what to expect, but I'm so glad I came and learned so much." The knowledge you have needs to be shared as it will give women power, and there's nothing I love more than a powerful woman." - Molly Evans

## SPEAKING TOPICS

**Women's Health 101:** Reconnect with your body, especially with your lady bits! She'll review vulvar anatomy, normal bladder and bowel habits, and the three important jobs of your pelvic floor muscles. She'll teach you how to do Kegels correctly and how to use these muscles to help prevent common struggles like incontinence and prolapse. Learn what happens during the monthly cycle and how to use your hormonal shifts to maximize your life plus the natural period products she loves!

**Restore Your Core:** One in three women will experience Diastasis Rectus Abdominus (abdominal separation) after the birth of a baby. Most women will feel weak or disconnected from their core and are confused about how to return to exercise without making their dreaded "mommy pooch" worse. Carrie defines the core, teaches you about the muscles of your midsection, and instructs you in the single most important exercise any woman can do for her core, The Core Breath (which is done sitting in a chair with NO equipment). As the saying goes, Strong is the New Skinny, and Carrie will help remind you how to embrace the body you were given while working to make it the best version of yourself that you can!

**Failproof Female Fitness** (best for smaller groups due to equipment and space needs): Carrie will teach you how to design an exercise program that appreciates your hormonal landscape whether you are in puberty or menopause or anywhere in between. These exercises are pelvic-floor friendly and include some Pilates sequences along with gentle upper and lower body strengthening with light weights, and a dash of cardio to get your heart rate up a bit!

**Let's Talk About Sex (after) Baby:** After the birth of a baby women can be dealing with many issues that make them less likely to want to participate in intercourse or less likely to enjoy it ranging from pain, emotional issues like resentment and feeling "touched out", and even a feeling of being stretched out or disconnected from their midsections and pelvic floor region. Learn the most common pitfalls to experiencing pleasure in your relationship and the suggestions to improve your connection!