

Karen Goeller

Author, Strength Coach, Gymnastics Coach, Fitness Trainer at Karen Goeller, CSCS

Wall, NJ, US

Fitness, Health, Sports, and More...

Biography

Karen Goeller, CSCS, has educated thousands in the fitness and gymnastics industries with her books, articles, and in person. She has been training athletes since 1978 and adults since 1985. Karen Goeller is the author of more gymnastics books than anyone in the USA. Karen started writing books after she was involved in an accident in 2000 and suffered permanent spinal damage. She stopped coaching gymnastics and left her advertising job. To remain involved in gymnastics and fitness, Karen turned to writing. "I felt like I had a ton of information in my head that was not being used. I knew it was the perfect time to pass on this knowledge and writing books was the perfect avenue." Karen Goeller's first book, "Over 75 Drills and Conditioning Exercises" was used to create countless successful fitness and gymnastics training programs, including CrossFit. Her books have been called the "most useful on the market." Karen's most recent books are the Swing Set Fitness books. They were completed with Brian Dowd, Karen's nephew, who is a physical education teacher and life-long athlete. It wasn't until the Swing Set Fitness books that Karen started to make good progress with her physical rehabilitation. Karen shared, "I finally feel like myself again. I knew I was getting stronger, mentally and physically." When asked if she is healed from the accident, Karen replied, "I am still injured, but that no longer defines me." Karen has produced NY State Champions, National TOPS Team Athletes, and Empire State Games Athletes. Three National Champions are from Karen's gymnastics club. This success was after her 1991 cancer surgery. The cancer surgery was a success, but Karen was left with lymphedema in her leg. She was forced to keep her leg elevated or in motion 24/7 and in a compression stocking. Karen Goeller and her athletes have been featured on TV, radio, and in the newspapers since the 1990's. Karen has worked for world famous Olympic coach, Bela Karolyi and was the first female camp director. Before earning her BA Degree, Karen's education included training as an EMT, Physical Therapist, and Nutritionist. She has had certifications such as EMT-D, Nutritional Analysis, Fitness Trainer, many USAG certifications, and the NSCA-CSCS certification.

Availability

Keynote, Panelist, Workshop, Host/MC, Author Appearance, Corporate Training

Industry Expertise

Writing and Editing, Fitness, Sport - Amateur, Health and Wellness, Sport - Professional

Areas of Expertise

Writing and Editing, Fitness, Sports Conditioning, Motivational

Affiliations

USA Gymnastics, NSCA

Sample Talks

Sentenced to Life in Bed, but I Escaped...

Discussed life after major cancer surgery. It was a motivational speech that was written to help those facing difficult times. Attendees were inspired to push themselves to beat the odds..

Accomplishments

Published Author

Over 20 published books. www.amazon.com/author/karengoeller

Testimonials

Karen Goeller

Please view testimonials here, <https://karengoeller.wordpress.com/testimonials-for-karen-goellers-products-and-services/>

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