

# INTRODUCTION

## ANGELA GARGANO

At this time, please silence or turn off your cell phones. My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program.

Angela Gargano is a fierce athlete, coach, international fitness model, and speaker. Before becoming a full-time multi-passionate entrepreneur, Angela worked as a biochemist at Brown University. Since throwing in the lab coat and goggles in 2013 to open her own gym in Cranston, Rhode Island, Angela has truly lived multiple lives in the athletic and entrepreneurial space, defying odds, and setbacks to become an authentic and relatable voice to the public eye.

Angela has now competed on American Ninja Warrior 4x, won the Title of Miss Fitness America 2016, and created an online fitness empire for women called Strong Feels Good, where she teaches women to ditch the scale and focus on strength and feeling to measure progress. She has also helped over 500 women conquer their pull-ups with her online program, Pull-up Revolution. In summer 2021, Angela appeared all over the world as the Oxygen Magazine Covergirl, where she spoke about tearing her ACL on the Ninja Warrior course and coming back 11 months later stronger than ever.

Angela is strong, both mentally and physically, and she teaches you to love the body you are in. She is real, relatable, approachable, and down-to-earth. With Angela, there is fun and smiles, and there is grit, determination, and sweat.

Please help me welcome Angela Gargano

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