



Public Health Specialist and
Behavioral Therapist

**Therese C. Pasqualoni, PhD, JT-MS, CHES,
ACSM/ACS-CET, ACSM-HFS, ACSM-PT
Strike It Healthy® Weight and
Health Management Systems, LLC**

In 1994, Dr. Therese C. Pasqualoni began her quest to improve her health and the health of others. While earning a degree in Public Health Education from The Richard Stockton College of New Jersey, and with an understanding of the impact lifestyle behaviors have on our health, she is committed to helping people take responsibility for their own health by providing evidence-based health information and developing unique behavioral techniques to improve health and life-related outcomes.

Dr. Pasqualoni earned a Joint Master's Degree in Health Administration and Health Education from St. Joseph's University in Philadelphia, PA. During her academic experience she created a comprehensive corporate health system that she implemented at an Atlantic City, NJ casino. This employee health management system consisted of numerous health-related programs, including on-site health education sessions, exercise classes, and health screenings. These programs were successfully sustained for over five years and contributed to the lowest healthcare premium cost increases among the Atlantic City casino market.

In 2004, she received her Doctor of Philosophy Degree in Health Studies from Temple University in Philadelphia, PA. Dr. Pasqualoni's doctoral research and experience led her to develop evidence-based nutritional and fitness programs. Her quest to reach large populations motivated her to create Strike It Healthy® Weight and Health Management Systems, LLC. On a continual basis, she researches and develops behavioral programs that provide countless opportunities to pursue healthier and safer lifestyle behaviors to decrease individuals' risk of heart disease, cancer, high blood pressure, diabetes, obesity and osteoporosis. In addition, Dr. Pasqualoni has served as a health consultant for several corporations.

With a passion and concern for the younger generations, she continued her research practices and created the Strike It Healthy® Nutrition Program for Young Adults (ages 14 to 18) and Children (ages 9 to 13). She diligently researched and produced two intriguing *award winning health systems with the first being the Strike It Healthy® System for adults that contains the Strike It Healthy® Nutrition Program for adults, Exercise Program, and Cooking Program; and the second being the Strike It Healthy® System for families that contains the adult version along with a Children/Young Adults Nutrition Program.

Dr. Pasqualoni has designed an interactive Website with a free Risk Assessment and Health Quiz along with another Website that offers a free video on "5 Ways to Improve Your Child's Grades." She is implementing an *award-winning college-based seminar and author of a new book for college students. Furthermore, *patient education documents "About Healthy Weight Loss" and "About Metabolic Syndrome" have also received health awards.

Dr. Pasqualoni is certified by the National Commission for Health Education Credentialing, Inc., the American College of Sports Medicine, and the Aerobics and Fitness Association of America.

*The Health Information Resource Center (HIRC) has provided five awards to Strike It Healthy®, regarding their health education and evidence-based efforts.