

**Therese C. Pasqualoni, PhD, JT-MS, MCHES,
ACSM/ACS-CET, ACSM-HFS, ACSM-PT**



Public Health Specialist -
Health & Wellness
Practitioner

More than 15 years ago, Dr. Therese C. Pasqualoni began her quest to improve her health and the health of others. In 1996, she earned a degree in Public Health Education from The Richard Stockton College of New Jersey. Recognizing the impact that 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 Saint Joseph's University in Philadelphia, Pennsylvania. During her academic experience she created a comprehensive corporate health system that she implemented at an Atlantic City, New Jersey 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, along with measureable savings in risk management costs. Dr. Pasqualoni has served as a health consultant for several corporations, focusing on corporate healthcare goals and employees' healthcare needs.

In 2004, she received her Doctor of Philosophy Degree in Health Studies from Temple University in Philadelphia, Pennsylvania. Dr. Pasqualoni's doctoral research and experience led her to develop additional evidence-based nutritional and fitness programs. Her quest to reach large populations motivated her to establish Strike It Healthy® Weight and Health Management Systems, LLC. On a continual basis, she researches and develops behavioral programs that provide countless opportunities for individuals to pursue healthier and safer lifestyle behaviors to increase their energy, while decreasing their risk of heart disease, cancer, high blood pressure, diabetes, and overweight/obesity.

With a passion and concern for the younger generations, she continued her research practices and created numerous evidenced-based health programs that address childhood diseases, such as overweight and obesity. Dr. Pasqualoni's has developed award-winning *health programs (for adults and families), *patient education materials, and as authored two award-winning *books.

Furthermore, she is the Researcher/Project Coordinator for the American Chronic Disease and Health Education Association. Her role includes extending her research abilities and efforts to various at-risk populations. 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 eight awards to Strike It Healthy®, regarding their health education and evidence-based efforts.