



Penny Fahey

**Urban Poling Master Trainer
Healthy Penny's Wellness Solutions LLC
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Penny Fahey is determined to help everyday people discover how to fit exercise and good nutrition into an already busy life schedule. As the wellness program manager for Fremont County, Wyoming, Fahey made an impact by offering unique programs she designed specifically for her small workplace community, including Healthy Steppers, a workplace Nordic walking group. Encouraged by the health benefits of Nordic walking as well as the fun and ease participants had by adding the activity into their daily lives, Fahey became a certified Master Trainer with Urban Poling Inc., a leader in Nordic walking lessons and equipment. Now, through her company Health Penny's Wellness Solutions, she demonstrates Nordic walking to groups and individuals, sharing research-based evidence on its benefits for fitness, mobility and rehabilitation. She is also a certified health coach and Medical Exercise Specialist with the American Council on Exercise. Fahey has a bachelor's degree in physical activity and health from Eastern Oregon University.