

KARA DOUGLASS THOM

AUTHOR, SPEAKER, & ACTIVE LIVING ADVOCATE



Kara Douglass Thom is an author, speaker and expert on fitting fitness into life. She has combined her passion for writing, active living and healthy family values into her books and is the proud author of the *Go! Go! Sports Girls* children's book series. She is the author of another children's book, *See Mom Run*, and two books for adults, *Becoming an Ironman: First Encounters with the Ultimate Endurance Event* and *Hot (Sweaty) Mamas: Five Secrets to Life as a Fit Mom*. She has written extensively about health and fitness as a freelance journalist for magazines and newspapers.

Kara is an advocate for children's and family fitness, and works with various organizations that help empower girls through sports. In 2016, she was recognized for writing stories about girls in sports and was invited by the White House to attend a conference on breaking down gender stereotypes in media and toys.

She is a graduate of Northwestern University's Medill School of Journalism. She is an avid athlete and former group-fitness instructor living in the Minneapolis area with her husband and four children.

● presentation topics ●

Let's Write! Let's Move!

As a children's book author, Kara combines her passion for writing with her enthusiasm for fitness. In this active presentation she explains how fitness can boost creativity (with examples from first draft to published book). Kara will ask her audience to brainstorm with her on future book ideas—before and after a movement session. Children will leave with a better understanding of the role active living plays in improving not only health, but also learning. **(K-12/45 Min.)**

Fitness for Body & Brain

What do you do when your brain gets stuck? Move! Physical activity for kids can improve focus and concentration, even test scores and grades. Kara shares sneaky ways to fit fitness into a busy day (in teacher-approved ways) so kids have more capacity to flex their brainpower. Children will leave with a better understanding of the importance of active living for body and mind, and three exercises (we will try them!) to practice for the rest of their lives. **(K-12/45 Min.)**

Class & Media Center Readings

Before reading one of her books to the class, Kara will introduce the benefits of active living and how they help her as a writer. This brief but engaging story time will touch on the important connection between our physical body and our brain, and how this connection applies to problem solving for the main character. Children will leave with a *Go! Go! Sports Girl* coloring page. **(K-3/25 Min.)**

Fitness as a Family Value

Kids who have active parents are more likely to grow into active adults. But where does fitness fit in between work and family obligations? In this presentation, Kara explains how to manage and stay on top of your health and the health of your family. She shares insight into making and keeping fitness a priority and the importance of role modeling healthy and active living for a fit family. **(Corporate, Associations, Parent Programs, Non-Profits/45 Min.)**

Mentoring Movement

Exercise is a great way to attain fitness, but it's not the only way. How you move throughout the day matters too, and most people don't take advantage of sneaky and simple ways to move to improve their health. In this presentation Kara provides steps on how to make active living second nature and influence typically sedentary work, living and learning environments. **(Corporate, Associations, Parent Programs, Non-Profits/45 Min.)**



presentation details

All topics are age-appropriate discussions that encourage engagement and, of course, movement

Presentations can be tailored to meet needs based on audience objectives

Books and dolls are available for purchase

Book signings are available at end of presentations

Daytime and evening availability, as well as Skype sessions

Go! Go! Sports Girl founder and CEO, Jodi Norgaard, is available for joint presentations

"Kara Thom encourages everyone to get active and promotes a healthy lifestyle by sharing from her personal experiences. The story of how she developed books to go along with the Go! Go! Sports Girl dolls is inspirational and creates a new, healthier model for children to emulate."

Lois Lewis
2016 Program VP
Minnesota Association for Family and Consumer Sciences



"Kara Thom painted a picture through storytelling that exemplified her excitement and passion for fitness brought to life through her Go! Go! Sports Girl book series. She connected with each and every student."

Gwen Valiant
Media Specialist
Jonathan Elementary School, Chaska, Minnesota

For more information on presentations, topics or to schedule Kara for your next event, please contact:

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