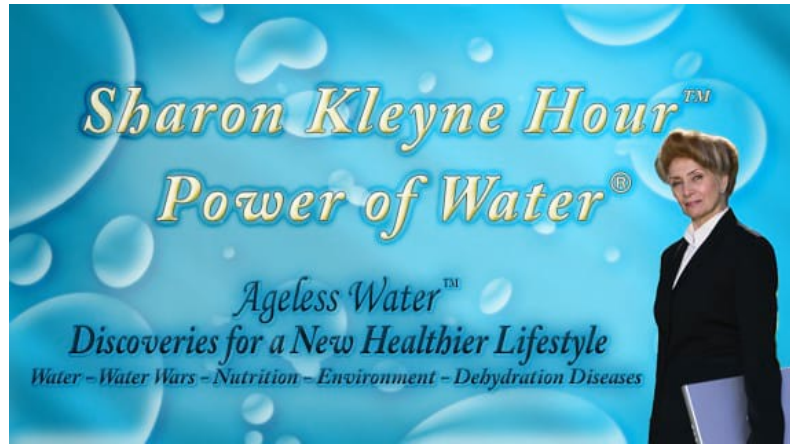


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Sharon Kleyne Hour
Monday at 10 AM Pacific
May 18th 2020: How to Stay Active During the Pandemic/Lockdown?

As one of the top 500 Alpine Racers in the nation, Ms. Diana Healy trains professionally as a competitive alpine skier. Today, she will share her personal experience on how to stay active during the pandemic and the lockdown along with her coach, internationally known trainer Kevin Kearns.

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Featured Guests



Diana Healy

Ms. Diana Healy is a highly motivated and hard-working student and athlete. She has participated some of the top training academies in the nation as a competitive skier, including Mission Ridge Ski Academy and Mount Mansfield Winter Academy. She is recognized as one of the top 500 Alpine Racers in the nation.

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Kevin Kearns

Kevin Kearns is an internationally known trainer and a frequent past guest on the show. He has students both in the U.S. and internationally.

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