



Pamela Power Scanlon, M.S.

Family Health Advocate & Educator, Holistic Health Writer and Creator of the award-winning new children's book, *The Super Dynamos*, Pamela Power Scanlon, is leading families to transform their bodies, minds and spirits from the *inside* out!

Pamela started her career in the health and wellness field as a Personal Trainer as a way to share her passion for healthy living that she discovered after healing her decade-long struggle with body image issues, emotional eating, and insecurity around all things athletic. She went on to get her Masters Degree in Health & Wellness Promotion and then took a position at the Children's Hospital of Pittsburgh, where she implemented a family-based lifestyle intervention for adolescents diagnosed with type 2 diabetes. While in this position, she learned first-hand the barriers families face in implementing and maintaining a healthy lifestyle.

After becoming a mother to three boys, she gained greater insight into the importance of living a lifestyle that not only promotes physical health, but also emotional and spiritual health. She also understood more deeply the critical role moms play in achieving this balance within families, while recognizing the challenges so many moms to face when it comes to prioritizing their own self-care.

With her drive to empower kids who struggle with body image issues, emotional eating, and anxiety and to support moms to be their much needed-role model, Pamela built a lifestyle brand centered around creating healthy, happy families where love, versus health or weight, is the motivator and health becomes one of many outcomes. Her website, blog and children's book series provide moms and kids with simple, yet powerful tools to align their bodies, minds, and spirits.

Pamela's newly released children's book in a series entitled, *The Super Dynamos, Fuel Up!: Max's Transformation Begins*, received a 5-Star review from the Reading With Your Kids Certified Great Read Award. The book draws kids in with inspiring superheroes, an adventurous storyline, and engaging, relatable characters. Throughout the story, kids are exposed to educational concepts and empowering strategies using fun, kid-approved language making this book one that should be read again and again. Adults will love the opportunities for engaging in dialogue about healthy living with kids while kids will love learning how to unleash their own

unique superpower! The Super Dynamos is available now at Amazon, Barnes & Noble.com, and on Pamela's website at [www.superdynamos.com](http://www.superdynamos.com).

Visit: [www.pamelapowerscanlon.com](http://www.pamelapowerscanlon.com)

[www.superdynamos.com](http://www.superdynamos.com)

Email: [Pamela@pamelapowerscanlon.com](mailto:Pamela@pamelapowerscanlon.com)

Cell: 724-288-0122

RWYK Certified Great Read Review: <http://readingwithyourkids.com/the-super-dynamos-fuel-up-rwyk-great-read-certified/>