Shebah Carfgana

Availability not set yet.

Appearances on record

- Pilates For Strength, Balance, and Mobility | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Dec 26, 2025 (Feed-stated)
- Breathe Better, Move Better, Live Longer | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Dec 19, 2025 (Feed-stated)
- Mind–Body Training for Longevity | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Dec 12, 2025 (Feed-stated)
- Why Farmers' Walks Boost Longevity | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Dec 5, 2025 (Feed-stated)
- Kettlebell Swings for Longevity | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Nov 28, 2025 (Feed-stated)
- Move Better, Live Longer: The Power of Functional Training | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Nov 21, 2025 (Feed-stated)
- Perfect Your Plank: Core Strength and Stability for Life | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Nov 14, 2025 (Feed-stated)
- The Ageless Core: Strength, Balance & Mobility | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Nov 7, 2025 (Feed-stated)
- The Single-Leg Stand Challenge | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Oct 31, 2025 (Feed-stated)
- Balance Training: The Secret to Fall Prevention and Longevity | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Oct 24, 2025 (Feed-stated)
- Post-Workout Static Stretching: Reduce Muscle Tension, Pain, and Injury Risk | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Oct 17, 2025 (Feed-stated)
- From Stiff to Strong: Smarter Warm-Ups & Mobility Exercises for Older Adults | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Oct 10, 2025 (Feed-stated)
- Flexibility & Mobility: Non-Negotiable for Aging Well | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Oct 3, 2025 (Feed-stated)
- The Power of Cycling: Low-Impact Cardio for Longevity | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Sep 26, 2025 (Feed-stated)
- How Walking Can Help You Live Longer and Healthier | Shebah Carfagna & Nate Wilkins, Live Long with Peter Bowes, Sep 19, 2025 (Feed-stated)

And 5 more on the page.

Appearances are Verified or Feed-stated credits from each show's own feed. Inferred credits are never listed.

Book or pitch

Book on PodSubs: https://podsubs.com/in/shebah-carfgana/one-sheet