

Kimberly A. Mathews

Professional Life

Founder of Faith Centered Fitness: a wellness ministry, which helps people leave destructive lifestyle patterns and live holy, healthy and happy lives. 2008-present

Founder of Grace Exercise Classes: these are fitness classes which combine contemporary Christian music with stretching, strengthening and cardiovascular development. 2006-present

Founder of “Movement, Music and a Message”: an excellent format to discuss hot topics, especially with youth. 2014-present

Keynote Speaker: I speak at retreats, and seminars; large and small groups church and business environments. 2008-present

Fitness Vacation Coach: working with individuals or small groups in a controlled environment to help participants learn and practice living a Holy, Healthy and Happy life. 2011-present

Fire Fighter with Madison Fire Department: EMT, Hazmat Technician, Rescue Diver and CPR certified. Madison, WI. 1991-present

Ways and Means Director for Sparta Youth Hockey Association developed fundraising opportunities. Made presentations to groups to inspire them to donate. 2006-2010

Purdue University Bachelor Degree: received from Purdue University, West Lafayette, IN. in Movement of Sports Science. 1985

38 years of experience teaching fitness classes and personal coaching. 1978-present.

Personal Life

39 years of personal experience battling alcoholism and other self-destructive behaviors. This includes 29 years trying to get well using only this world’s behavioral science techniques, which equated to 29 years of relapsing. This also includes 10 years of combining AA methods, behavioral health treatment programs and most importantly

trusting in the Grace of God through Jesus Christ, which lead to 10 years of sobriety and an abundant life. 1975-present

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