



**Fitness Instructor,
Entrepreneur, Speaker**

KIMBERLY

inspiring beauty in strength™

Kimberly Whitfield is passionate about inspiring and empowering others to become their best through healthy living. She created *Kimberly Inspiring Beauty in Strength* to pursue two of her passions - fitness and helping others build a beautiful balanced mind and body.

AVAILABLE FOR:

- Conferences
- General & Breakout Sessions
- Workshops & Seminars
- Coaching

Kimberly graduated from Northwood University with a bachelor's degree in business administration. She is a columnist and monthly contributor to *Healthy & Fit Magazine*, mid-Michigan's original health & fitness publication. In November 2016, The Lansing State Journal named Kimberly one of the five entrepreneurs to watch in Lansing, MI.

Kimberly's inspiring talks promote optimism in one's life. Her keynote talk, *"The Bungee Jump"* mirrors the freedom of jumping-out on faith, to pursue hopes and dreams. Her message is simple: *"Live Beyond Your Fears!"* It's about having the courage to take the necessary leaps to live a rewarding life.



PREVIOUS ENGAGEMENTS

- State Bar of Michigan
- Sparrow Foundation
- Michigan Department of Transportation
- Modern Woodmen Fraternal Finance
- Grace Bible Baptist Fellowship
- Jack & Jill of America, Inc.

IN THE MEDIA

- Lansing State Journal
- Healthy & Fit Magazine
- Greater Lansing Business Monthly
- Lansing Mosaic
- New Citizens Press
- Michigan Bulletin
- The Lookout News
- The Chronicle News

SPEAKING TOPICS

- What's the Rhythm of Your Internal Drum?
- Pursue Your Passion
- Resilience
- Living Healthy
- The Bungee Jump
- Courage Builds Confidence
- School Bullying



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