



2010

Faithfully Fit!
Presenters & Staff



Donna Clemons

Owner of Christian Aerobic Resource Inc, Faithfullyfit!, Donna was first called to this ministry 17 years ago when she started an aerobic ministry in her church. This ministry led her to open her own fitness center in her community which boasts 40 or more aerobic/gymnastic classes in a week all with a Christ centered foundation. She sold this business in order to focus solely on Christian Aerobic Resource. She is certified through ACE, AFAA, International Fitness Association and of course FaithfullyFit! In addition to her fitness certifications, she holds a Bachelor of Science in Applied Psychology. She is currently enrolled in a Masters of Counseling program at Missouri Baptist University and plans on obtaining her doctorate in Psychology in hopes of helping teens and women overcome poor body image and eating disorders. Donna gives all the glory to God for her success and feels very blessed to have been called to such a unique and dynamic ministry. Her hope is that you will be richly blessed through this conference and in turn it will bless others!



Dr. Nancy Selvidge

Dr. Nancy became interested in chiropractic care when she was in her 30's. She was skeptical at first but was amazed that her health problems were corrected. In the late 70's, she and her husband Don made a decision to leave their careers as teachers and go back to college to pursue the chiropractic profession. Drs. Don and Nancy Selvidge graduated from Logan Chiropractic College with Honors in 1982. To this day, they share a Chiropractic office in Mattoon Illinois and have been married since 1968.

Nancy's studies at Logan Chiropractic College prepared her for the mission to educate women on safe and effective ways to take care of themselves naturally. The college also emphasized the value of counseling patients with biblical truths. She continues to mentor women recovering from illness through these methods and opens her home to many abuse victims.

Outside of her practice she is actively involved as a conference speaker and the team doctor for Christian Aerobic Resource: a company that specializes in fitness ministry training, certifications and products.

Some of her lecture topics include: Let the Diet Die, Beauty and the Beast, Yo-Gal-Yoga for the Christian Woman and Skin Care in a Toxic World. Dr. Nancy is also featured in many of the training videos through www.faithfullyfit.com and most recently, she appeared as the fitness model in the Yo-Gal Video, Stretch the Story.

Skin Care in a Toxic World is truly a collection of Nancy's heartfelt work from many years of study and helping others



Julia Boyd

Julia is grateful for the opportunity to serve the Lord and His people through Christian Aerobic Resource. She has been around the dance industry all her life as her mother was a former professional ballerina and fitness instructor. Julia pursued performance arts in college and became a professional actor, singer and songwriter. Performing turned into witnessing in the late 90's, as Christian music entered into Julia's life. She became a lead vocalist and business manager of a group called "By Faith" who ministered throughout Chicago Land.

After her second child was born, Julia was diagnosed with fibromyalgia. A year later her son, Jacob, received the diagnosis of autism. God revealed to her that wellness and fitness were her new found hope and focus and she would no longer be able to serve in the music group. Yet, through Christian Aerobic Resource, the Lord restored music and dance to Julia through the Hip Hop to the Top project presented at Megafest and The Potter's House Vacation Bible School. It is Julia's passion to help others recognize the blessings in all situations and circumstances by sharing a song inspired by

Jacob called "I Am The Child You Love". The lecture "Inspired by a boy, from his mother's heart" also discusses the diagnosis, the love, the grieving and the hope of having a special needs child. Supported by her husband Bill and her daughter Jackie, she believes she is called to speak on behalf of her family's journey. Julia also believes the words of "I am the Child you love" are a message from Jacob to the world even though he cannot speak. Julia has created a prayer ministry for autism and special needs on facebook.



Rebekah Hopkins & Tish Gulick

Rebekah Hopkins and Tish Gulick are the founders of Chix in Training LLC, Personal Trainers who tailor their bootcamp sessions for women pursuing a fit mind, body, and spirit. The Serious Training for Serious Results DVD arose to fill client's needs for at-home workouts for sustained success. Rebekah is a Certified Personal Trainer and Group Fitness Instructor through Faithfullyfit! And founder of Aerobic Energy Studio. Tish is also certified as a Personal Trainer through Faithfullyfit! As well as Yo-gal certified.

They strongly believe to take on Physical Fitness starts with implementing biblical principles, transforming the body by renewing the mind. "By focusing on the Word, we build our believing not only in our physical training, but also in many other categories of living."



Mary Vice

Mary is the office manager at Faithfullyfit!. She has known Donna for several years and is grateful for the opportunity to part of the staff at Christian Aerobic Resource. Mary is very upbeat and fun to be around. She has a passion for people, especially women to encourage and be in fellowship. She is the wife to Tom and mother of four amazing children ranging in age from 11-17family.



Chris Clemons

Chris is in charge of technology, product research, and education development for Faithfullyfit! Chris has been a teacher, principal, superintendent and is working towards a doctorate degree in higher education at the University of Illinois. He is using his wealth of knowledge in education to help write college curriculum for Faithfullyfit! He is also the proud husband of the owner, Donna, and she is grateful for his love, faith, and support in her and this ministry!