



kimberley j. payne

Where Fitness and Family Meet Faith

Your quest for a healthy body and spirit is within reach!

Kimberley J. Payne has over 10 years experience in the health and wellness field. Combined with her passionate faith in God, Kimberley's knowledge inspires women to take practical steps toward physical and spiritual health. She is a catalyst for change in the areas of nutrition, fitness, and prayer.

Kimberley has taught workshops in a variety of settings including churches, women's retreats, writers' conferences, and Women Alive conferences. Kimberley's energetic and enthusiastic presentations motivate individuals to reach their faith and fitness goals.

Through her devotional columns published in mainstream newspapers, she encourages people to open their lives to God. Kimberley also writes a regular health and fitness column for *Maranatha News*. Kimberley is a member of The Word Guild.

*To book a speaking engagement,
contact Kimberley at:*

withinreach@nexicom.net

*Find regular fitness tips
at Kim's blog:*

www.fitforfaith.blogspot.com

*E-books to light your path
to harmonized living*

Fit for Faith E-book Series:

Fit for Prayer

Lose weight and develop a deeper relationship with God as you learn to incorporate prayer and exercise into your daily routine.

Food for Thought

You will receive practical suggestions and scriptural guidance to achieve your goals for healthy eating and Bible Study.

Flex your Spirit

Learn to recharge your physical and emotional health through journal writing and stretching exercises.

Diary of a (Wannabe) Loser

Gain insight about weight loss through Kimberley's personal journal of prayer, exercise, scripture and diet as she struggled to achieve a healthy weight.

Devotional E-book Series:

These three volumes are collections of Kimberley's "Today's Faith" devotional columns that relate raising a family, pursuing a healthy lifestyle, and everyday experiences to building a relationship with God.

Where Family Meets Faith
Where Fitness Meets Faith
Where Life Meets Faith

author - speaker

**All e-books can be purchased and instantly downloaded as PDFs at:
www.kimberleypayne.com**