

# **Kimberly Ann Mathews Key Note speaking topics**

## **Understand and overcome addiction**

Kimberly was once an addict. She appeared to be a success on the outside but her reality was depression, anxiety and loneliness. During her use of alcohol she suffered in many different areas of her life including, divorce, co-dependency, eating disorders, and financial insecurity. Kimberly shares her thought process during the disease and how she was able to change her thinking to change her life. She now lives a holy, healthy, happily balanced life and is helping others do the same. Romans 6:6 "knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin."

## **Treat your body as His temple not your trash can!**

Kimberly is a personal fitness trainer and Christian wellness life style advisor with over 30 years of experience. She talks about common ways people compromise their health and more importantly she helps her audience become solution orientated to overcome the excuses. Kimberly teaches simple steps that most people can utilize immediately. She believes that fitness is more than just diet and exercise and includes nutrition and fitness tips. It doesn't stop there! 1 Timothy 4:8 "For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come."

## **Get out of the Sunday box!**

Kimberly has a tremendous passion for the Lord! Her enthusiasm for Him is contagious. She motivates her audience to get out of the Sunday box and live holy lives every day. Kimberly gives simple examples on how to apply His word to our daily lives and gives comical examples of what happens when we don't. Her focus is helping each other overcome the temptations of this world and act in accordance to our Sunday desires. Ecclesiastes 4:12 "Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken."