

Shaped BY FAITH®

www.shapedbyfaith.com



Theresa Rowe is an author, radio and television host, fitness expert and motivational health and wellness speaker.

She is a nationally certified fitness professional and founder of Shaped by Faith. She has taught thousands of people how to use their faith to inspire fitness, and their fitness to strengthen their faith.

Theresa's newspaper column Shaped by Faith appears in the Owensboro Messenger Inquirer. She hosts Shaped by Faith radio show on 1490 WOMI AM and 99.1 FM, and 1280 WGBF in Evansville, and is heard throughout Western Kentucky and Southern Indiana. She also hosts a podcast spotlighting inspiring guests who share their personal story of faith.

She is the host of Shaped by Faith with Theresa Rowe, a special exercise series on NRB TV, Inspiration TV, Faith Unveiled TV, World Trumpet TV, Safe TV, Global7.TV Albania, Total Living Network, Grace TV India, and Pure Flix. She is the co-host of a television series, Project Volunteer on KET/NRBTv, and Faith Unveiled.

Theresa has produced 8 faith-based fitness DVD's; Pilates for the Soul, Strength Training for the Seasoned Soul, Pilates Stability Ball, Workout with The Word, Fitness In the Spirit, Warrior in Training, Welcome to Fitness, and Where Faith Meets Fitness. Her book, Shaped by Faith and Workouts have been awarded the Dove Seal of approval. Shaped by Faith with Theresa Rowe TV Series recently won a Telly Award.

She is the author of Guideposts' Shaped by Faith: Ten secrets to strengthening your body and soul. Theresa has been a guest on the 700 Club and several other national shows.

You can also connect with Theresa Rowe at www.shapedbyfaith.com and on:

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