

# MEET OUR BREAKOUT FACILITATORS

## ROBIN CASTRO

Robin Colburn Castro was born in Queens, New York but raised in Baltimore/Silver Spring and Takoma Park, Maryland. Robin has been a resident of Macon, Georgia since she arrived in 1994 after proudly serving on active duty as a US Army Airborne Officer for eight years. She is a Certified Personal Trainer, Group Fitness instructor, and Exercise Physiologist with over 30 years in the fitness industry. She also holds a Fit Body Pro Card in the World Natural Bodybuilding Federation (WNBF) and is a judge and promoter in that federation. Her formal education includes a B.A in Communication Arts and a Master's degree in Social Work and Mental Health. She has reached the community through her exercise show 20:10 on Cox Cable 15 in Macon and by providing personal training and group fitness exercise at several local fitness facilities. She is also a Mercer University PE Adjunct Professor. Robin's diverse clients range from children to athletes to Silver Sneakers members. As a licensed social worker, Robin has a unique understanding of the emotional side of body image, weight issues, and self-esteem. Robin is a sought-after conference presenter, recognized as an expert on fitness and wellness. Her audiences have included churches, Department of Juvenile Justice, fraternities and sororities, incarcerated juveniles, the Board of Education, senior citizen groups, law enforcement, and fire fighters. As an international presenter, she has appeared on "Good Morning Women" in El Salvador, Central America. Robin believes in a holistic approach to living your best life, fitness, wellness, and overall health. She firmly believes God's promises in Jeremiah 29:11 and in 3 John 1:2 that God wants a future for His children, and He wants them to have hope and prosper in all ways, including health.

