

## **DEMICA PAIGE, CHAIR, COMMITTEE ON MINORITY HEALTH, FCRA**



Demica Paige is a 33 year old personal trainer, fitness model and professional figure competitor originally from Ashland, Mississippi. She attended CADET, a catholic middle school in Holly Springs, MS; Bishop Byrne High School in Memphis, TN; Murray State University in Murray KY, where she received a B.S. in Organizational Communications and National Personal Training Institute in Orlando, Florida where she received a degree in personal fitness training.

As a college student she began a journey of working with youth as a summer camp counselor and program director at the Ruth Lilly Residential YMCA in Saint Paul, IN and program director at the Southwest YMCA in Jackson, MS. She continued her path as manager of Powerhouse Gym of Jackson, MS. In 2000, she was asked to serve the City of Jackson, MS, city councilman Marshand Crisler as the administrative assistant to District 6. She continued to serve in community relations with the 100 Black Men of Jackson, MS.

Recognizing a pervasive national problem of childhood obesity in America, she developed Fountain of Youth Fitness Consulting (FOYFC) in June of 2007. FOYFC is dedicated to providing products and services that offer long-lasting, quality, affordable and efficient solutions to living an active and healthy lifestyle. FOYFC provides knowledge, resources, and training that will help one incorporate and sustain a healthy mind, body and spirit.

In July 2009, FOYFC and Innovative Behavioral Services, Inc. created a joint venture called “We Can!” – Play with Purpose, a faith-based childhood fitness initiative. This initiative is designed to galvanize the faith-based community to become more aggressive about addressing childhood obesity in their respective communities.

Being a life-long athlete and growing up on a farm in Ashland, Mississippi built the foundation for her passion for active living and healthy eating. Her passion for fitness has propelled her through some of the toughest life experiences and has now driven her into a personal quest for a life of balance though spiritual and physical fitness. Her prayer is to be an example of I Corinthians 6:20...”for you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” For more information about how to incorporate an effective Fitness and Health program in your church or organization you may contact Demica Paige at [wecanplaywithpurpose@gmail.com](mailto:wecanplaywithpurpose@gmail.com) or 407-860-8488.

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