



Donna Richardson

Donna has created her ministry “Sweating in the Spirit” to help people make active lifestyle choices by strengthening their minds, bodies and spirits.

Mrs. Richardson Joyner has just wrapped up another fantastic year of touring to promote her health and fitness message. Donna made appearances with the #1 Gospel Tour in the country, the Hopeville Tour, featuring Kirk Franklin, Donnie McClurkin, and Yolanda Adams.

She has recently completed the Sisters in the Spirit tour which sold out in 25 cities across the country, and was the first time ever that a Fitness Expert opened for a Gospel Concert. During the Sisters in the Spirit Tour, Donna and the other talent, including Juanita Bynum, Yolanda Adams, Martha Munizzi, Rizen, Kelly Price, and Sheila E., were featured in a story on blackamericaweb.com and in an article in BRE Magazine.

In addition, Donna is a speaker at Bishop TD Jakes’ *God’s Leading Ladies Conference*, and also **led the longest line dance of 50,017 people, taking her place in the Guinness Book of World Records** at Bishop Jake’s MegaFest in Atlanta, Georgia.

This year brings new adventures for Donna. She is now beginning the Pantene Total You Tour as the host and keynote speaker. She has been with the tour since its inception six years ago, and now divides her time between the national and college tours. She and the other panelists are also featured in the Pantene Total You Print Ad Campaign.

The March 7th issue of Jet Magazine featured an article about Donna and her husband Tom Joyner presenting to Dr. Bobby Jones at the January Stellar Awards in Houston, Texas. Donna was then a guest on Dr. Jones’ radio show, *The Bobby Jones Gospel Countdown* from February 27th to March 6th.

To celebrate Black History Month, Donna, along with Judge Nathaniel Jones, former astronaut Guion Bluford, Tuskegee Airman Harry Stewart, and singer/entertainer Patti LaBelle, contributed to a cookbook published by the Wal-Mart Corporation and distributed to Wal-Mart Stores and Wal-Mart Super Centers throughout the country.

Donna was featured in the March 25th issue of Ebony magazine with a four page article on her ability to help people through her actions and award winning videos. Donna also appeared in the January/February issue of Gospel Truth Magazine. She is a columnist in the Gospel Today Magazine, and was featured in the January/February issue. She

recently discussed myths and misconceptions of healthy active lifestyles on ABC News' 20/20. Donna's **Sweating in the Spirit** video was featured in Tyler Perry's movie **Diary of a Mad Black Woman** which lead in box office sales for the nation its opening weekend with over 22 million viewers.

Currently serving as a member of Women's Sports Foundation Board of Trustees (elected 1999); Donna Richardson Joyner is recognized as one of the premier fitness "gurus" in the world. Formerly a national aerobic champion silver medallist, Donna Richardson has starred in more than 25 award winning exercise videos, **including Platinum Buns of Steel**. Her newly released video, **Sweating in the Spirit is the #1 fitness video in the country**. She is the Executive Producer and Host of the "Donna Richardson Show - Mind, Body and Spirit" on TV-ONE Network and "The Sweating in the Spirit Show" on the Word Network. Donna is a National Spokesperson for McDonald's "Go Active Program," and she is a fitness consultant and Advisory Board Member for the Boys and Girls Club of America, Black Cardiologist Association.

Donna was voted as one of the **"Top 10 Movers and Shakers in the Fitness Industry"** by Fitness Magazine. That same year, the "Oprah Winfrey Show" selected her as one of the "Top 5 Fitness Video Instructors". Additionally, she was the former fitness expert for ESPN "Fitness Pros", NBC's "Weekend Today Show" and "The Tom Joyner Morning Show."

She is the co-founder of Girlfriends' Coffee Talk Foundation, an organization dedicated to promoting literacy and wellness by helping women and young girls establish reading and wellness clubs.

Lastly and most importantly, Donna is the wife and soul mate of the #1 syndicated radio talk show host, Tom Joyner.

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