

Written by Rachel Roland
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Rachel Roland is a mom on a mission - exploring beautiful Arizona (and beyond!) with her two little companions, Jeremiah and Sarah, in search of the best restaurants, attractions, and products for you and your children. See what she has in store for your family today!



Awhile ago, a friend of mine invited me to a fitness program at a church close to my home. I was unsure of what exactly a fitness class and church could have in common - but I was pleasantly (and painfully) surprised at the intensity of the workouts. I just had to know more about [Revelation Wellness](#), (a 501c3 non-profit), that was started by a Phoenix Mom of two, Alisa Keeton. Keep reading for our interview!



What initially inspired you to start Revelation Wellness?

I have been in the professional fitness industry for over 20 years. I was very good at what I did. I could help people lose weight, get to their goals and achieve what seemed like success, but too many times it was short standing or only temporarily fulfilling. Within months or a year or so, too many of my clients had lost their zeal and their focus and the weight was back on. And oh the shame and sadness I would see in their eyes. It was almost too much for me to bear.

At the same time I was going through my own personal inner struggles. On the outside the world would say I had it all together. To the world my outside, my fit physique and successful lifestyle said I had it all. While on the inside I was wrestling out the two big questions of life "Who am I? And what am I really living for?" That's when I began my personal journey into the deeper spaces of my heart, mind and soul. Much to my surprise I ran right into my faith. My faith in Christ collided with my passion for fitness and it turned my world upside down. No one could have told me 20 years ago that I would be doing faith and fitness. In fact, I would have laughed in their face. So this must be God's call on my life. (laughs) My old uncertain self was not capable of seeing this path for my life.

My life has never been more full and abundant. Make no mistake it has not been easy, but boy is it worth it all.

Was it/is it difficult to run a non-profit while raising children?

Oh Yes! It's one of the greatest challenges I face every day. The greatest thing about what I do is that I get to include the whole family in on this call. My kids come to classes with me and watch the good and the fun unfold. They are my biggest cheerleaders. I have been deliberate about communicating to them that this is not just mommy's job, but that we, as a family, have been called to bring goodness and love into the world. They believe in the goodness of this ministry as much as I do. And that is God!

The ministry is growing and I have to be very careful to keep my life in balance and to hear and try to meet the needs of my kids and husband as much as I can. Sacrifices are made all the time from all of us in order for us to stay healthy and whole as a family, while this great call is coming into it's fullness.

It's delicate and needs to be treated as such. I try to take nothing for granted when it comes to my kids and my husband. Again, not easy, but well worth the effort.

What is your favorite aspect of Revelation Wellness?

The freedom and joy that I see in the individuals who are ministered to through Revelation Wellness, and the communities of freedom and joy that are created as a result of the individuals coming together as one in Christ.

It's a culture of real people who are willing to get sweaty and sore in pursuing their faith. We are a culture of people who don't claim to have all the answers, who refuse religion and embrace relationship. Religion says "Do this and do that and then maybe you will be acceptable and pleasing to God." Relationship says "I'm a mess, you're a mess, we're all a mess, thank God He loves us anyways and that He is here to help

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us so we can in turn help others." We become multipliers of God's goodness through this type of physical and spiritual training.

Revelation Wellness has been featured on [Channel 12 news](#), and if you're interested, you can check out [this video](#) for a Revelation Fitness Class Experience - you'll see that these are serious fitness classes!

Interested in a class? Look over the [Revelation Wellness Class Schedule](#) and see if there's one at a time that works for you!

Thanks, Alisa, for a great interview and being an inspiration for Moms all over Arizona to pursue their calling!



I'm Rachel - a mom, wife, and 'green' blogger at [Small Steps On Our Journey](#). If you want me to come visit your place of business, have any questions on this article or suggestions for a future article, you can email me at rroland@azfoothills.com, or tweet me at [@rachelroland](#), or connect with me on [Facebook](#).