

Myka Washington was born and raised in Philadelphia, Pa and was educated in the Philadelphia School District. Myka was introduced to the Lord at an early age and witnessed the personal relationship her grandmother and parents had with God. At the tender age of 11, she accepted the Lord for herself and has discovered a life grounded in faith and peace through relationship with him. Myka attended Hampton University, where she earned a Bachelor's Degree in English Arts. She furthered her education and holds two master's degrees in Elementary Education and School Leadership from Arcadia University and Rowan University. She has been an elementary school teacher for 26 years, having taught 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> grade. Myka enjoys all things creative like sewing, scrapbooking, decorating, and baking. She is the proud owner of Myka's Sweet Shoppe, which provides one of a kind treats for special occasions.

Her recent passion and focus has been in the area of health and wellness. After many years of battling weight and self-image, Myka has found a passion for exercise and movement. She discovered this passion attending Zumba classes herself. A year later, she became licensed to teach and has a desire to share her passion with others. Myka has a personal story of self-discovery and acceptance found through the journey of weight loss and maintaining a healthy lifestyle. After discovering some weight related health issues, she decided to change her whole perspective on fitness and health. Using her faith based approach, Myka has discovered that this journey includes addressing the mind as well as the body. She believes this journey is bigger than herself and that we are all connected to one another and we have a responsibility to uplift and empower. Myka is the proud co-founder of Fit and Free, LLC which promotes fitness beyond the physical.