

## **Erika Kicklighter**

After growing up in Jupiter, FL, my parents and younger sister moved to the Lake Area in the late 1990's after I started attending college at Mercer University in Macon, GA. Following my sophomore year in college, I came home to my "new home" in Melrose and transferred to the University of Florida. Shortly thereafter, I met my future husband, Chad Kicklighter, and we were married in May of 1999. I went on to pursue my bachelor's and master's degrees in Speech-Language Pathology. Chad and I have been blessed with two boys, Tucker (15) and Clayton (14).

Our family enjoys "4K Farm life" in Melrose, , a spread where my family is able to hunt, work cows, and just enjoy God's beautiful creation that surrounds us. While the men in my life enjoy the outdoors, I enjoy decorating and making "the indoors" of our farmhouse the prettiest it can be. We are active members of Trinity Baptist Church, and we are thankful for that steady foundation of God's truth being poured into our lives. God has blessed my husband with an 18 year Active Duty Florida Amy National Guard military career, from which he will soon retire. I have the privilege of working with the students at Keystone Heights High School as their speech therapist. I also work at Lake Area Physical Therapy, serving their pediatric speech and language population.

After encountering some health issues in my 30's, I realized that my health was important and I needed to strive to be my "best self." I made the commitment that if I dedicated myself to a "home workout regimen" and was successful with it, I would eventually join a gym. That is where Genesis Fitness came into the picture. Since joining in December of 2016, my fitness has steadily improved and I have thoroughly enjoyed the atmosphere and the yoga classes. I am thankful for such a friendly atmosphere to work out in. I hold close to my heart Philippians 4:12- 13b "Not that I have already obtained this, or have already been made perfect, but I PRESS ON to take hold of that for which Christ Jesus took hold of me. But one thing I do: Forgetting what is behind and straining toward what is ahead."