

## **Harold, Ruby and Ryan Gilstrap**

Health and nutrition have always been an important part of the Gilstrap Family life. True to their Messianic Jewish faith and tradition they view their bodies and health as gifts from the creator to be cherished, nurtured and valued.

Ruby is a 4th generation Floridian and was married to RF Gilstrap for 59 years until his passing in 2011. She has 3 sons of which Harold is the favorite oldest. One of Harold's earliest memories of his mother was her working out to the Jack LaLanne show. "Mom ran a pretty tight household, she always had us moving and active, little time for TV and no soda, chips or junk food for her boys.....just lots of love and good nutritious food". Ruby has always stayed active and was walking 3-5 miles daily until she fell and broke her hip in 2016.

Coming to Genesis has been a lifesaver for keeping her active and engaged as she celebrates her 89th birthday this month. She also volunteers 2 days a week at the Keystone United Methodists Church Thrift Store. Ruby is a retired health care professional and relocated to Keystone Heights from Greensboro, NC in 2011.

Harold, a 5th generation Floridian, and his wife Kim, have been married for 35 years and have 4 grown children, 2 boys and 2 girls and two 2 wonderful adopted Chinese Princesses and 4 grandchildren. In 2004 they relocated from Ponte Vedra Beach to the Lake Region where Kim and the Princesses run an animal rescue/petting zoo and assist Harold run their family business(s) [GilstrapSolutions.com](http://GilstrapSolutions.com) and [GilstrapBranding.com](http://GilstrapBranding.com). The Gilstraps are observant of the scriptural dietary laws (no pork or shellfish) and eat a 75% plant based diet. Harold studied computer science at the University of Florida, is president of the Keystone Lake Area Business Association [KLRBA.com](http://KLRBA.com) and past president of the Keystone Heights Rotary Club.

Ryan is a 6th generation Floridian and his father's favorite oldest son and a graduate of Nease high school (Tim Tebow High). He attended college at The Citadel and the University of N. Florida. He is single and currently assisting his dad in the family business and is a new found fitness. fanatic.