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RW REVELATION WELLNESS

MISSION PROGRESS

IMPACT REPORT



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A LETTER FROM OUR FOUNDER

03



I like to think that Revelation Wellness is a kind and compassionate community for born-again believers to learn what it means to live free and whole in our bodies. So few of us were taught anything other than to do all we can with our bodies—or to our bodies—so that we fit in.

At Revelation Wellness, “action” is one of our core values. We value hearing and doing the words that set us free. As people are transformed—like the woman at the well in John 4—they go and tell others about the living water they found. Through our trainings, women and men are equipped to offer that same “begin again” space for others in real, embodied community.

When you hear the word “action,” it implies progress is being made. **But what happens when action looks like holding ground?**

I'm sure you've heard of the term “The Battle of the Bulge,” which took place in World War II. Did you know that was the actual name of a real wartime event?

In the winter of 1944, German forces launched a surprise offensive through the Ardennes Forest against Allied troops. They chose winter intentionally—when soldiers were exhausted, cold, and far from home—believing weariness would break resistance.

But the Allied forces held.

The front line bulged under pressure, but it did not break. They dug in, stood together, and held the line.

Patience is part of the enemy's strategy. He waits for weariness. **But he underestimates one thing: passion.**

At Revelation Wellness, **we remain passionate to hold the line for Imago Dei**—that all bodies are good bodies and reflect God's image. Good bodies face hard things. They need an honest connection to God and others to heal and endure. To love God and their bodies as Christ did, and to bring the Kingdom of God to earth.

In this report, you will read stories of how Revelation Wellness held the line in 2025 and continues bringing more of God's Kingdom to earth.

2025 brought the joy of returning to in-person instructor training as it was originally designed before the pandemic moved us online. **We held the line**—and it was beautiful to see again the feet of those who bring good news, gathered in flesh and blood community to live honestly, heal, and grow.

Our Revelation Fitness Instructors and LiveWell Health Coaches continue to hold the line in every class, coaching session, gathering, and study they lead. They create spaces where people can be seen, soothed, and heard—and gently invited into appropriate challenge that helps them remain steady rather than break.

The RW+ online community continues to be a safe place for those who are weary and looking for rest. A place with no shame. A place where thoughts are challenged and strengthened by the presence of the Holy Spirit and community. A place where people learn how to stay—how to hold the line.

“...and after you have done everything, to stand. Stand firm then...” — Ephesians 6:13-14

Standing is a strategy.

The advancement of God’s Kingdom, more often than not, occurs in the stand. As Christians, we know this story. There will be opposition. There will be times we bulge. But if we hold—if we stand—the mission progresses, because the mission belongs to God.

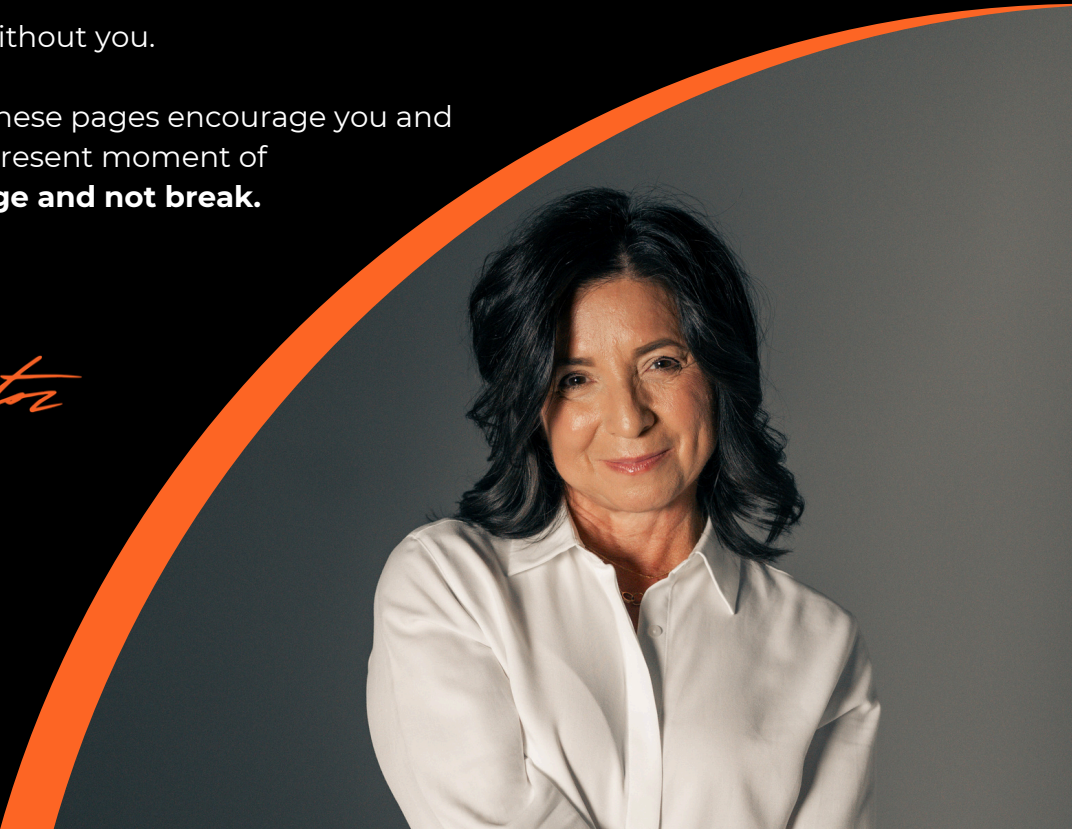
Thank you to all of you who have given in countless and surprising ways over the years. Thank you for sponsoring this ministry.

We could not do this without you.

May what you read in these pages encourage you and help you stand in any present moment of suffering. **May you bulge and not break.**

His love,

Alisa Keeton
CEO/Founder



INSTRUCTOR/COACH TRAINING

05

After six years of virtual connection, Revelation Wellness gathered again, face-to-face, heart-to-heart, at Lost Canyon in Williams, Arizona.

Since 2020, Revelation Wellness has faithfully adapted instructor training to a fully virtual format, ensuring the mission continues to advance regardless of the circumstances. Screens became sacred spaces. Living rooms turned into classrooms, and thousands were equipped to lead others in faith-based fitness and health coaching from wherever they were.

BUT SOMETHING WAS MISSING.

This past fall marked a powerful return to our in-person training retreat. Nestled in a stunning mountain valley, the instructors arrived carrying more than their suitcases; they brought stories of perseverance, quiet obedience, and a deep longing to connect.

AND GOD MET US THERE.

What had been experienced through a screen for six years became fully alive through early-morning workouts, shared meals, spontaneous prayer, laughter, tears, and the unmistakable presence of community.

IT FELT LIKE COMING HOME.

**WATCH THE
RECAP VIDEO** →



The retreat wasn't just a "return to normal."
It was a reminder that we were always meant to gather.

This gathering was more than a milestone; it was a celebration!

A celebration of lives changed through years of faithful "yes."
A celebration of a mission that never stopped moving forward.
A celebration of a community that grew stronger, even when it was apart.

WHAT WE CELEBRATED IN 2025 TRAINING

171

LIVEWELL HEALTH
COACHES TRAINED

105

REVFIT INSTRUCTORS TRAINED

70

STAFF, SMALL GROUP LEADERS, AND
WORK CREW SERVED

20

BAPTISMS

Beyond the numbers, our return to the mountain became a sacred space to celebrate all that God has done—and step boldly into what He is building for 2026 and beyond.



ANGELICA LARI

07

RevFit Instructor - Rural Kansas - Freedom Fitness

- In rural Kansas, Angelica Lari is creating space for women, children, and families to step into freedom through faith and movement.

- For six years, Angelica has faithfully served her community by building relationships, learning its needs, and showing up consistently and with care. Over time, that steady investment has begun to bear fruit as she ministers alongside people in everyday life.

She said yes to becoming a Revelation Wellness Instructor because of her passion for bringing faith and fitness together in a freeing, life-giving way. **“I love reminding women that God created their bodies to move with purpose and not chase cultural standards,”** Angelica shares.

Through her ministry, Freedom Fitness, what begins as a workout often becomes something more. **“It can be about worship, healing, and confidence in who God says they are,”** she explains. In a fast-moving community, she weaves truth into each class, trusting small seeds to do lasting work.

As Angelica says, **“Revelation Wellness isn’t just fitness—it’s freedom, faith, and community in action.”** Women and families are experiencing hope, connection, and renewed joy through movement.



I love reminding women that God created their bodies to move with purpose and not chase cultural standards.

**RW HAS TRAINED OVER 4,000
LEADERS AROUND THE WORLD**



JESSICA LEWIS

08

RevFit Instructor - Tennessee - JoyFull Fitness

In Tennessee, Jessica Lewis is bringing faith and movement into a space designed for the special needs community—creating an environment where every person is seen, included, and celebrated.

Her journey began with a simple sense of calling: **“Jesus called, I answered, and the missing piece was Revelation Wellness Fitness Instructor Training.”** That step led her into work she considers both sacred and deeply personal—serving individuals with disabilities through JoyFull Fitness.

What began as a calling has become a clear expression of purpose. **“God knew that something like JoyFull Fitness was missing for this community,”** she reflects. “It’s an honor and sweet joy to carry out His vision.”

At the heart of her work is a simple goal: creating space where movement becomes more than exercise. **“My goal is to spread the joy of Jesus through strength training and playful movement while providing a safe environment for my students to thrive abundantly in Christ,”** she says.

In this space, participants are not only engaging their bodies—they are experiencing belonging, dignity, and joy. A community often overlooked is being welcomed, strengthened, and celebrated through movement, presence, and care.

WATCH JESSICA'S
STORY →



ASHLEY TESONE

09

LiveWell Health Coach - Kansas

Ashley Tesone is walking with people into a deeper kind of healing—one that connects body, mind, and heart.

Her journey into LiveWell Health Coach training began with a quiet sense of direction that eventually became unmistakable: it was time to step forward.

At first, Ashley thought she was entering the training to support others experiencing stress and overwhelm, but she soon realized she was carrying many of those same patterns herself.

“For years, my nervous system had been under strain,” she shares. “I didn’t just need tools to help others—I needed healing too.”

Through LiveWell training, Ashley began learning how the body holds stress and experiences. Breath work, reflection, and prayer became part of both her healing and her work with others. **“It’s incredible to see people begin to let go of pain they’ve carried for years,”** she says.

Ashley’s own life has reflected that same transformation. **“I was one way... and now I’m completely different. What changed me was this process.”**

Today, Ashley helps others slow down, listen to their bodies, and move toward healing, freedom, and peace from the inside out.



TRACI FROESE

10

RW+ Group Co-Leader - Nevada

Traci Froese describes her life with Jesus as a “crazy adventure” spanning more than four decades, with recent years marked by deeper healing through Revelation Wellness.

For much of her life, she disqualified herself from health and wellness spaces because she believed her body didn't fit the mold. That shifted when she discovered Revelation Wellness and encountered a place where faith, fitness, and healing were integrated.

“I realized the importance of identifying issues of the heart when it comes to our bodies,” she shares. **“I became aware of the words people speak over themselves.”**

What began as insight for others became personal as Traci confronted her own internal narratives about worth and body image.

She reached out to Alisa Keeton with a desire to create space for healing around food and body image. That conversation led to the creation of the Food + Body Freedom Group within RW+, Revelation Wellness' online membership community where people gather for movement, spiritual growth, healing, and connection.

“People are longing for this,” she says. **“We're coming together to find health, wholeness, and freedom.”**



In the Food + Body Freedom Group, participants are naming shame, breaking agreements with lies, and rediscovering identity in Christ. Lives are beginning to shift in real and lasting ways as people step into honesty, community, and renewal.

RW+
MEMBERSHIP

1851 TOTAL MEMBERS



PAUL + TAMMY ROHRBAUGH

11

Donors - Washington

Paul and Tammy stepped into a shared journey with Revelation Wellness that has shaped both their faith and their lives.

Tammy first discovered Revelation Wellness after hearing an interview with Alisa Keeton. She began listening to the podcast, joining RevWell TV workouts, and attending Rev on the Road events. After experiencing the ministry in person, she completed Instructor Training and leadership development.

What stood out most to her was the excellence of the teaching, which led Tammy into deeper involvement through prayer, hosting, and leadership support.

During that season, she invited her husband, Paul, to join her “just to help with logistics.” But what began as support became something unexpected.

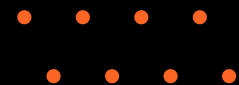
Paul describes moving **“from being a casual observer, to surprised participant, to signing up to be a LiveWell Health Coach in the very first session.”** His experience became a place of reflection, healing, and renewed perspective.

For both of them, discipleship took on a new meaning—**“training we’d never experienced before.”**

Today, Paul serves as a LiveWell Health Coach and Tammy as a Revelation Fitness Instructor. Together, they describe a shared calling to know God more deeply and help others do the same.

Their lives now reflect transformation expressed through service, leadership, and generosity that continues to extend into the communities they serve.

WATCH PAUL →
& TAMMY'S STORY



OVER 10 MILLION TOTAL DOWNLOADS

Throughout 2025, the podcast deeply resonated with our community. Movement experiences like *REVING the Word* and *Be Still and Be Loved*, along with meaningful conversations, listeners and donors alike shared how these moments brought encouragement, connection, and hope. Freely accessible to anyone seeking encouragement and whole-person wellness, the podcast became a meaningful part of this year's impact story.

IN 2025

WE CELEBRATED OUR 1,000TH EPISODE!

500k DOWNLOADS

109 COUNTRIES

4.4k AVG DOWNLOADS PER EPISODE

LISTEN NOW!



2018-2021

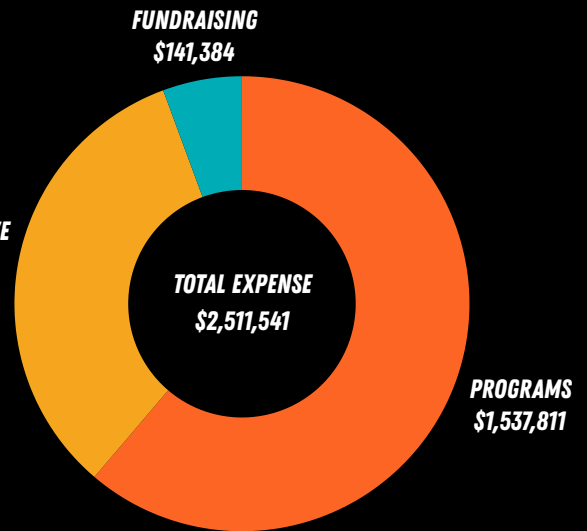
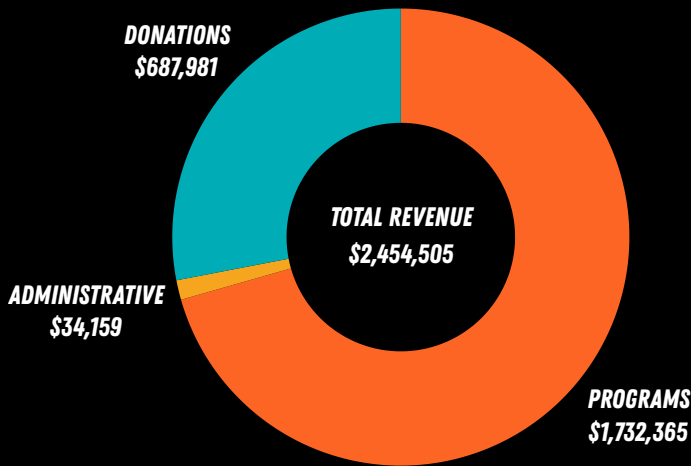


2022-2024



2025

2025 FINANCES



STEWARDSHIP & PARTNERSHIP

2025 was a year of growth and continued faithfulness for Revelation Wellness. A year of honestly looking at the condition of the mission, its strengths, its challenges, and its continued forward movement as we hold the line and remain faithful to what God has entrusted to us.

Through it all, our donors remained essential partners in this work.

TO OUR DONORS

Your generosity and commitment made a meaningful impact on the trajectory of this ministry, helping sustain and expand programs, training, and global reach that continue to support people in growing deeper in freedom and living whole—body, mind, and spirit in Christ.

Across all 50 states and beyond, your partnership reflects something we see again and again in this ministry: transformation happens in community. We are formed together, strengthened by one another, and invited to participate in what God is building among us.

Thank you for standing with us and for helping advance this mission in 2025.

REVELATION WELLNESS BOARD OF DIRECTORS



Tyler Silveus, Leanne Seely, Mary Beth Woehrle, Robert Berndt, Brad Hoffer

“It is an honor to serve as a board member because I believe in the mission, have seen its impact in my own life and in the lives of others, and want to support its continued growth so that more people can experience that same freedom, healing, and wholeness in Christ.”



BRAD HOFFER



MARY BETH WOHRLE



“As a board member, I’ve had the privilege of witnessing the quiet, powerful way God moves through Revelation Wellness—meeting women where they are and gently leading them into healing, freedom, and deeper connection with Him. I’m truly grateful to be part of something that has not only influenced my leadership but continues to transform my own life.”

YOU CAN MOVE THE MISSION

As we continue stepping forward in faith, we invite you to prayerfully consider joining us. Whether through giving, scholarship support, prayer, or participation, every act of generosity helps expand the reach of this work and create spaces where people can experience hope, healing, and freedom in Christ.



PRAY

Stand with us in prayer as we continue to serve and reach people around the world.



GIVE

Partner with us to help provide scholarships, training, and life-changing resources.



SHARE

Amplify the impact—help others discover freedom in Christ through wellness and community.



PARTICIPATE

Step into the mission by joining a program, attending an event, or engaging in community.



LEARN MORE
ABOUT GIVING

