



DEBRA HOPKINS

Breaking The Chains Foundation
President/Founder, ACE Health Coach and
Group Exercise Instructor, Speaker/Presenter

818-406-9401

dlynnhopkins@gmail.com

breakingthechainsfoundation.org

5877 Valentino Way,
Lakeland, FL 33812

EXPERTISE

Non-Profit Leadership

Health and Wellness Educator

Public Speaking

Writer

Creative Director

Development Management

Exercise and Wellness
Teacher/Facilitator

REFERENCES

Raja Marhaba

The Johnathan Foundation / CEO
818-368-2600
UnstoppableRaja@outlook.com

Amy Hart

Dovetail Designs and Cabinetry
Principal Designer & Owner
(434) 980-6689
amy@designbydovetail.com

2014 - present

President/Founder of Breaking The Chains Foundation (BTCF) Non-profit 501 (c)3

Provide leadership, governance, vision and mission alignment, strategic planning, operational oversight, public representation, advocacy and outreach, events, services, and program development and implementation, financial stewardship, resource allocation, day to day management.

CERTIFICATIONS

American Council On Exercise (ACE) Certified Health Coach

ACE Certified Group Exercise Instructor

ACE Behavior Change Specialist

ACE Senior Fitness Specialist / Brain Health Trainer

CPR /AED Certified

- See Continuing Education Credits (CECs) on page 4

2018 - present

NEDA Certified Master Body Project Trainer and Facilitator

Teach ongoing international virtual and in-person facilitator training and program workshops

2025 - present

Behavioral Health Team at Polk Vision in Lakeland, Florida

Guest Speaker, Featured Guest and Panelist

2022 - 2024

- TEDX Santa Barbara
- Eating Recovery Center (ERC) & Pathlight Mood & Anxiety Center No Wait - That's Grief Symposium
- National Eating Disorder Association (NEDA) Orlando, FL Walk'
- National Eating Disorder Association (NEDA) Los Angeles Walk

2020 - 2021

NEDA (National Eating Disorder Association) Network Co-Vice Chair

Work closely with NEDA to evaluate the direction and ensure all initiatives and meetings are true to the collaborative foundation of the Network.

2021

- NEDA Connections
- Eating Recovery Center (ERC) Love Your Tree Virtual



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Guest Speaker, Featured Guest and Panelist (cont.)

2020

National Alliance on Mental Illness (NAMI) Eastside:
Keep Hope Alive: Choosing Life Over an Eating Disorder

2019

- WorldWide Women Global Girls Festival
Arts & Entertainment Panelist, Girls Career Mentoring Panel. Organized and implemented BTCF interactive programming, workshops, performances, and. Girls Festival is geared toward empowering and educating young girls ages 8 -18.

2018

- International Association Eating Disorder Professionals (IADEP)
LA Chapter Gala

1986 – 2017

Health and Fitness Instructor, Trainer

Warner Brothers Fitness Center, Spectrum Club Co., Sports Club Co.,
Voight Fitness & Dance Center, Beverly Hills Health Club, and
Finesse' Exercise Co. (Michigan).

1989 – 2007

Personal Fitness Trainer

Responsible for one-on-one training in all aspects of an individual's
total well-being.

1995 – 2026

ADDITIONAL WORKSHOPS, SEMINARS, GUEST SPEAKER & MEDIA (All presentation and media experience available upon request)

- Alexis Joy VIP, On Fire: Cover and Feature, Maximo, Bold Journey.
Shout Out LA Magazine: Feature, TZ Element Magazine: Cover, and
Feature, LA Voyage Magazine: Feature
- Deborah Kobyt Live Podcast
- NEDA Connections Video Series - Encouragement of Self-efficacy
Within Our Choices of Health and Wellness
- Eating Recovery Center "No Wait, That's Grief" Virtual Summit
- Eating Recovery Center "Say It Brave" Podcast



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- Warner Brother Studios and Time Warner Entities - specialized in employee health and wellness workshops and seminars on a variety of topics.
- Jess Fama YouTube Series: Featured Guest - BTCF alignment with National Alliance of Mental Illness (NAMI)

1988 - 1990

Health and Fitness Director

Royal Caribbean Cruise Line (RCCL), Miami, FL

·Organized, designed, and implemented fitness and health classes and programs.

·Designed and implemented various wellness, health, fitness workshops, and seminars, and taught daily classes.

·Organized, planned and implemented health and fitness events such as Open House, Specialty Health and Fitness Days and Fashion Shows.

·Assisted in developing all marketing brochures.

·Designed, coordinated and commentated on employee health and fitness weekly fashion shows.

·Wrote weekly fitness calendar detailing various events, programs, classes and various health-related articles.

Health and Fitness Presenter

·Design and teach various health and fitness workshops, lectures and seminars to corporations, such as, RCCL, Warner Brothers and other Time Warner Entities, Spectrum Club Co., and Rancho La Puerta.

Fitness and Motivation Instructor for Kids and Teens

·Design and teach fitness and wellness programs to various dance and fitness studios. (list available upon request)

1996 - 1998

Augusta Financial, INC., Newhall, CA

·Designed and implemented health and wellness programs.

1995 - 1996

Los Angeles Kid Fit Program, Los Angeles, CA

·Assisted in designing and instilling nutrition and wellness programs.

·Taught fitness and dance classes.



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1993 – 1995

International Aerobic and Fitness Director

HARDBODY FITNESS SYSTEMS, Los Angeles, CA

- Spokesperson for the Hardbody Fitness Bar
- Designed and implemented programs for health and fitness educators.
- Instructed fitness videos.
- Taught short lectures and demonstrated fitness products at health and fitness conventions.

CERTIFICATIONS

ACE Certified Health Coach
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ACE Behavior Change Specialist
ACE Senior Fitness Specialist / Brain Health Trainer
CPR / AED Certified

ACE Continuing Educational Credits (CECs): Senior Fitness Specialist/Brain Health Trainer, Behavioral Change Specialist, Corrective Exercise Program Design, Special Olympics Inclusive Fitness Training, Practicing Equity, Diversity, and Inclusion as an Exercise Professional, Mental and Physical Exercises for Long-Term Stress Management, Mind/Body Integration, Diet, Addiction and Recovery, Weight Control and Eating Disorders, Nutrition, Maternal and Infant Nutrition, Perinatal Fitness, Exercise and Pregnancy, Sexual and Reproductive Health, Special Need Diseases, Health and Wellness. among others.

AFAA Certified (CECs): pre/postnatal exercise and care, elderly health and fitness, muscle conditioning, exercise for special populations, step/bench exercise, aquatic exercise, and many more.

EDUCATION: OAKLAND UNIVERSITY, Rochester, MI

Communication Arts/Dance, Received full-ride dance scholarship
·Dance and performance resume available upon request.