



Sara Borgstede

Will swim, bike & run for peanut butter cups. 100lb weight loss. Real wife. Super real mom.

Sara is a triathlete, distance cyclist, motivational speaker, and writer.

She is wife to Mike, pastor's wife, mom to 5 kids through birth and special needs adoption, and was foster mom to 35 children. Formerly a middle school teacher, Sara loves words and blogs at www.theholymess.com where readers laugh at the crazy stuff her kids actually say, share with her as she parents children with challenges, and are faith-encouraged for their own lives.

She lives in North Tonawanda, NY with her husband, 5 kids, and 3 cats who eat potato chips.

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Available Speaking Topics

Faithful Finish Lines – Recreate Who You Are

Faithful Finish Lines are inspired choices, measurable, FUN goals that move you toward refreshed mission and fitness.

Balancing in the Holy Mess

Find balance on your calendar and hope for the craziness! Sara has learned how to do it and she will teach you what she has learned.

From Couch Potato to Triathlete

Hear Sara's story of how she overcame life-long eating issues with compulsive and binge eating, lost over 100 pounds, and moved from hating exercise to becoming a triathlete.

I Didn't Sign Up for This – Hope For Special Needs Parents

Also available: How to Minister to Special Needs Parents

Sara and her husband Mike parent 5 kids and were foster parents to 35 children. Learn the number one way to maintain a healthy family, how to deal with sadness and anger, and ways to take better care of yourself.

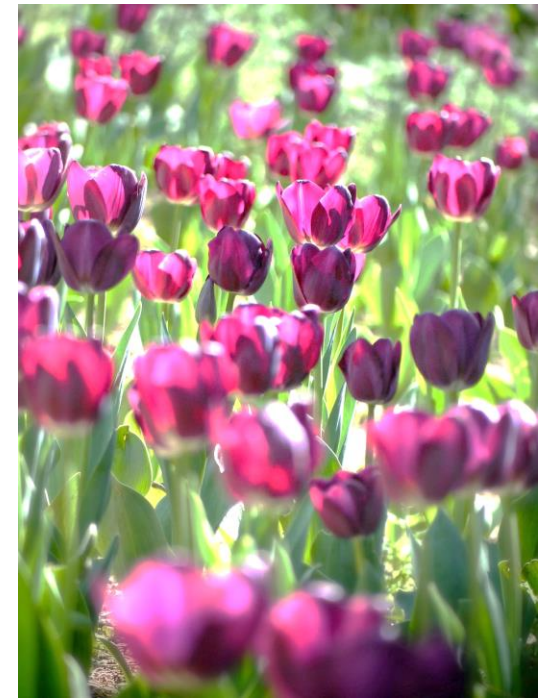
Mine for Today – For Foster Parents (and those who work with them)

Discover tools for surviving the heartbreak of foster care and ways to care for yourself, your marriage, and your other children as a foster parent.

A Holy Messy Christmas

Life seems to get more hectic and messy with each holiday season, yet we all yearn for a holy time of calm. Whether hosting your first Christmas or have celebrated many, this talk has something for everyone.

theholymess.com



*Spring into
Wellness*

Sara Borgstede



Balancing *Faith, Family, and Fitness*

Notes:

Physical Wellness:

John 4:6-26

Emotional Wellness:

Luke 10:27, John 16:7

Spiritual Wellness:

John 4:39-42

My 3 Take-A-Ways to Start Now:

1.

2.

3.



Real Fitness. Healthy Eating. New You.



www.faithfulfinishlines.com