



Ernestine Shepherd

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BIOGRAPHY

Ernestine Shepherd is a fitness guru in her own right whose mantra for the past 20 years has been “Determined, Dedicated, Disciplined – To be fit for life.” She believes that it is never too late to become physically fit.

At the age of 56, she began working out at Coppin State College with her sister. The story goes that she and her sister were displeased with how they looked in swim suits and decided to do something about it. They began to train vigorously but unfortunately, her sister succumbed to a brain aneurysm. However, Ernestine Shepherd decided to work even harder and vowed to carry on in her sister’s memory.

Ernestine Shepherd has been married for 58 years and is the mother of a 57-year-old son, and has a 17-year-old-grandson.

Ernestine Shepherd is truly an inspiration to all who meet her. Her fashion is above reproach. She is easily recognized by her gray, pushed-back hair, with a long braid extending down her back, not to mention her colorful outfits embossed with her mantra, and decorative high heel tennis shoes.

Two of her favorite songs are, “Here I Am Lord,” and “This Little Light of Mine.” Her “little light” is her energy and eagerness to take time out from her busy schedule to hold classes for seniors at her church,

various community organizations, and particularly at the Energy Wellness and Fitness Center. Her favorite Bible verses are 1 Corinthians, Chapter 13 and the 23rd Psalm. Ernestine Shepherd strongly believes that it is extremely important that Christians actively live out their faith. When life is good, human faith is up. When life is gloomy, human faith disappears. Faith endures all trials and tribulations, and there is no other choice but to succeed.

Overall, her most inspirational song is “One Moment in Time,” by Whitney Houston. To paraphrase the song, Mrs. Shepherd says, “Life is a race against destiny, but we are all given that one moment in time to be the best that we can be.”

HIGHLIGHTS

- Television appearances in 2013 and 2014: Oprah, Katie Couric, Anderson Cooper, CNN and Prevention Magazine Online.
- Currently featured in “Ripley’s Believe it or Not!” book as Granny’s Six-pack.
- Guinness World Records Winner as “Oldest Female Bodybuilder”, received award in Rome, Italy March 2010.
- Appeared on ABC News Good Morning America Show, Inside Edition, 700 Club and The Mo’Nique Show.
- Model in numerous fashion shows.
- Competes in seven 5K, 10K and marathon runs coming in first place for age group.
- Featured in Essence Magazine in 1991, Jet and Ebony Magazines 2009 – 2010.
- Motivational speaker for various organizations citing the benefits of healthy living and being physically fit.
- Competes ever year in the Capital Tournament of Champions (Bodybuilding) in the Washington, DC area.