

Donna Richardson Joyner



Donna Richardson Joyner, a new golfing enthusiast, is best known for her work as a health and fitness expert, motivational speaker, philanthropist and author. She has starred in more than 25 award winning videos including “Buns of Steel,” ESPN and “Sweating in the Spirit” which became the #1 inspirational fitness DVD in America.

She educates, empowers and energizes children, women and families to adopt a healthy and active lifestyle through good nutrition, exercise and participating in activities, including golf. She is the producer and host of “Sweating in the Spirit,” on the Word Network. Richardson Joyner serves on the President’s Council for Physical Fitness and Sports and is the spokesperson for HOP Sports, a new and innovative physical education program that reaches over one million children.

She was inducted in the Fitness Hall of Fame and named by Essence Magazine for being one of the 25 Most Inspiring Women in America. She is married to Tom Joyner the host of the Tom Joyner Morning Show, which reaches over 8 million listeners daily. For the past several years she and her husband have hosted the “Herc Golf Tournament” on the Tom Joyner Fantastic Voyage, which has raised over \$1 million each year for scholarships.

“I am sharing my love for the game of golf with a passion to improve people’s lives spiritually, mentally and physically,” Richardson Joyner said.

DONNA’S FAVORITE GOLFING MEMORY IS:

Watching PGA tournaments with my husband’s dad on Sundays and having him teach me about the game of golf (while he squirmed in the chair when Tiger was behind or in the lead.) Meeting and playing golf with Lee Elder and Renee Powell who attended the Donnamite Golf Tournament which my husband held for me on my birthday a few years ago. Last year I had the opportunity to attend the Masters and Tavis Stock.

HER FAVORITE CLUB IS:

My favorite club is my Callaway FTi pitching wedge and my King Cobra Baffler 23° hybrid.

STRONGEST PART OF HER GAME:

My long game and chipping are the best part of my game. Do I get credit for coordinated outfits?

FAVORITE DRILL:

I practice drills given to me by my golf professional and I include core training exercises in my personal workout.

