



Abby Rike Rockenbaugh, a loyal, hard working, lover of life, faced an unfathomable tragedy in October 2006 when her beloved husband, 5 ½ year old daughter, and 2 ½ week old son were killed in a fatal car crash. With God's grace, she chose to forge ahead in her new life.

Following the wreck, Abby graduated with a Master's of Education degree maintaining a 4.0 grade point average. Deciding there was more living to do in this life, in May of 2009, God led Abby on a very public journey of healing and wellness.

Abby began her journey on NBC's hit reality series "The Biggest Loser" weighing in at 247 pounds. Through blood, sweat, and tears, she stood on the scale at the December finale weighing in at 147 pounds.

In the years following, Abby has had the privilege of sharing the many lessons she learned along the way with hundreds of corporations, hospitals, churches, grief groups, universities, and schools.

Abby feels blessed to have had the opportunity to realize God's grace full circle and feels compelled to share with others what she experienced firsthand.

The Biggest Loser served as the catalyst to jumpstart her back in to living, and Abby feels like the best has just begun. She continues her healthy lifestyle and vigor for life and is a living example that even in your darkest hour, there is always hope.

Abby remarried in 2011. She and her husband, TJ, call Rockenbaugh Mountain in Nashville home, along with their gaggle of four-legged friends including dogs, chickens, and fainting goats. They are active members at their home church with TJ serving as a deacon and Abby teaching a Bible study class.

Abby published her first book, *Working It Out*, in 2011. She has appeared on the Ellen Show, Jay L...

Abby Rike Rockenbaugh

Speech Topics

- Religion / Faith
- Overcoming Adversity
- Inspiration
- Health & Wellness
- Female Motivational



Testimonials

"I have been in Education for 42 years and I have never heard a better inspirational speaker than Abby. She is a difference maker! "

- RETIRED SUPERINTENDENT OF SCHOOLS.

"I have never been so touched and invigorated by such a powerful message. I have had six Healthy Woman speaker events and none of them were anywhere near as good as this one."

- DIRECTOR, GALESBURG COTTAGE HOSPITAL.