



# Keith Mitchell<sub>59</sub>

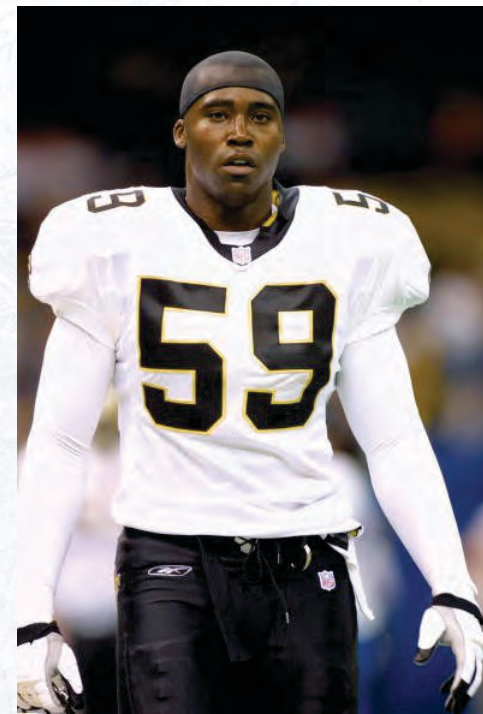
- Former All-Pro NFL Football Player
- Celebrity Yogi
- Motivational Mindfulness Coach
- Holistic Health & Fitness Advocate
- Community Activist & Humanitarian





# About

NFL All-Pro Athlete [Keith Mitchell #59](#), a former linebacker for the *New Orleans Saints*, *Houston Texans* and *Jacksonville Jaguars*, found himself respected on the field for making record-setting defensive tackles and quarterback sacks. A former *Texas A&M* "MVP" athlete, Keith rose to a level of stardom very few attain, he was a modern day warrior, worshipped by adoring fans and living the American dream. At the apex of his success, a paralyzing tackle caused a spinal injury that ended his football career and forced him into early retirement. Transition was unavoidable, yet Keith was unwilling to accept defeat or surrender to the plague of emotional depression and the physical atrophy he had seen happen to many of his NFL peers.



[Watch Keith's story on NFL Films >>](#)



## New Beginnings

In his darkest hour, Keith discovered conscious breathing, yoga and meditation. He found that these daily practices not only helped him physically recover from his injury, but created a refreshing sense of self-awareness and fulfillment that far surpassed his love for football. After experiencing a profound, life-changing transformation, Keith developed a desire to share these liberating tools with others. He soon realized that many audiences had little to no exposure to these empowering holistic modalities that were paramount to his own healing.

**"What is an athlete? ...Someone who surrenders himself to a greater purpose by sacrificing day in and day out in order to attain a dream."**







Today, Keith has again risen to the top of his game. He is a highly sought after Master Certified Yoga Instructor with more than 12 years of experience. Now, as an internationally renowned spiritual lifestyle coach, teacher and speaker he has presented at many prestigious venues and charitable functions including: "The International Day of Yoga" at the *United Nations*, *Four Seasons Hotel*, *Wanderlust*, *Deepak Chopra's Homebase*, the *Los Angeles Police Department* and many more.



Keith has been featured in myriad national media outlets including *People Magazine*, *Dr. Oz Show*, *USA Today*, *Sports Illustrated*, *Yoga Journal*, *Fox News*, *The Huffington Post* and more. He has also endorsed and represented various leading health and fitness brands including: *Lululemon*, *Sun Warrior* and *Champion9* (where he was featured in a national television and print campaign for *Target*).

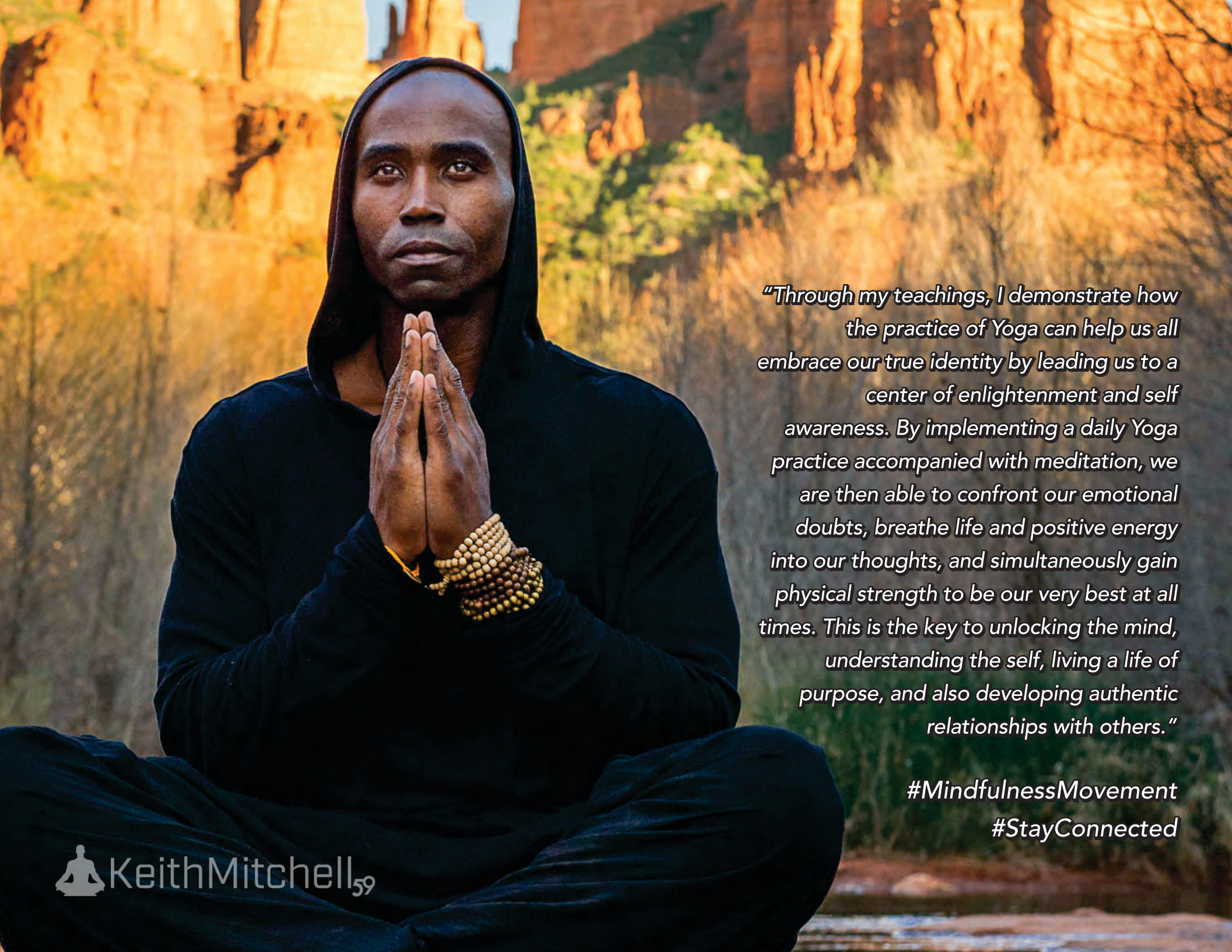
In 2014, Keith founded ***The Light It Up Foundation***, a 501C3 non-profit. Through his charity and altruistic endeavors he initiated the KM59 Wellness Movement which is intentionally changing the lives of young people (including inner-city kids), trauma survivors, first responders and U.S. war veterans. Keith works with communities, schools and organizations to introduce mindfulness, meditation and movement (through Yoga).

Through encouraging consistent, self-empowerment practices, Keith is committed to his mission of inspiring personal transformation in the lives of millions.



[KeithMitchell59.com](http://KeithMitchell59.com)





*"Through my teachings, I demonstrate how the practice of Yoga can help us all embrace our true identity by leading us to a center of enlightenment and self awareness. By implementing a daily Yoga practice accompanied with meditation, we are then able to confront our emotional doubts, breathe life and positive energy into our thoughts, and simultaneously gain physical strength to be our very best at all times. This is the key to unlocking the mind, understanding the self, living a life of purpose, and also developing authentic relationships with others."*

**#MindfulnessMovement**  
**#StayConnected**



# Press Coverage

Keith has been featured in myriad national and international media outlets for his inspirational story of transformation from an NFL player turned internationally renowned Yogi (as well as for his expertise in mindfulness, meditation and wellness). He has been featured in USA Today, Sports Illustrated, Yoga Journal, Asia Spa, Yoga Magazine (France), Essence, People Magazine, Origin and Men's Health, as well as on The Dr. Oz Show, BBC, CNN, [The Huffington Post](#), Fox News and much more.





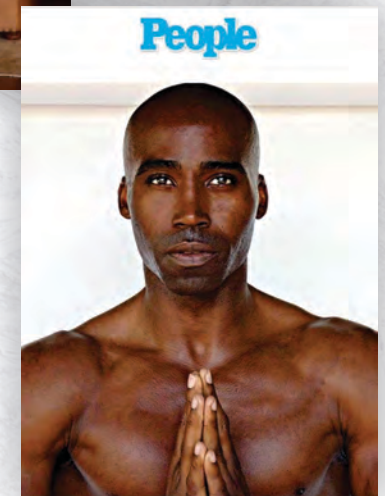
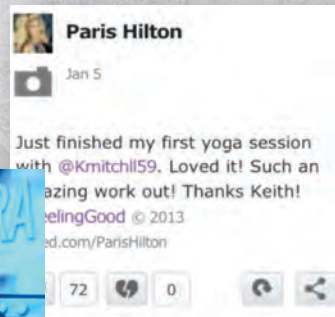
# Brand Spokesperson

Keith Mitchell has represented and/or worked with leading national brands dedicated to health, wellness and fitness including: [Lululemon](#), Sun Warrior, Champion9 for [Target](#), The Vitamin Shoppe, The Four Seasons and Wanderlust.





Hollywood celebrities, professional athletes, even politicians have sought out Keith for his professional acumen as a master certified Yogi. He is not only a highly sought after Yoga instructor to the stars including Tyler Perry, Paris Hilton and Yolanda Foster but has now become one of the most recognized celebrity Yogis. He was featured in *People Magazine's* Sexiest Man Alive issue as the "Sexiest Yoga Instructor Alive" (2016) and on the *Real Housewives of Beverly Hills*, *Watch What Happens Live with Andy Cohen (Bravo)* and *Deepak Chopra's One World Yogis*. Keith also co-founded the *Congressional Yoga Association* and was invited to the United Nations to speak on a prestigious panel about Yoga & Health for the International Day of Yoga (2017).

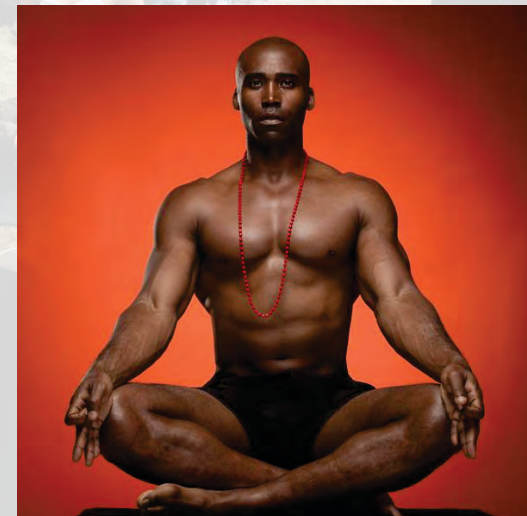





“There is no good or bad when you are living in a place of intention.”

# Motivational Mindfulness Coach

Keith has a rare gift in sharing his unique approach to mindful living by passionately inspiring others not only through personal journey of a phoenix rising, but also as a philosophical teacher and motivator. Combining his acumen as a professional athlete with being in the “Zone,” he translates that rare gift into daily living. Keith has worked with Congressman Tim Ryan, author of *Mindful Nation*, to bring Yoga and Meditation to Capitol Hill. Together they created the initiative *Just Breathe* to provide integrative medical care for military veterans suffering from neurological and psychiatric disorders such as PTSD. He works with corporations, NFL veterans and more to bring mindful living to the forefront of our planetary healing.





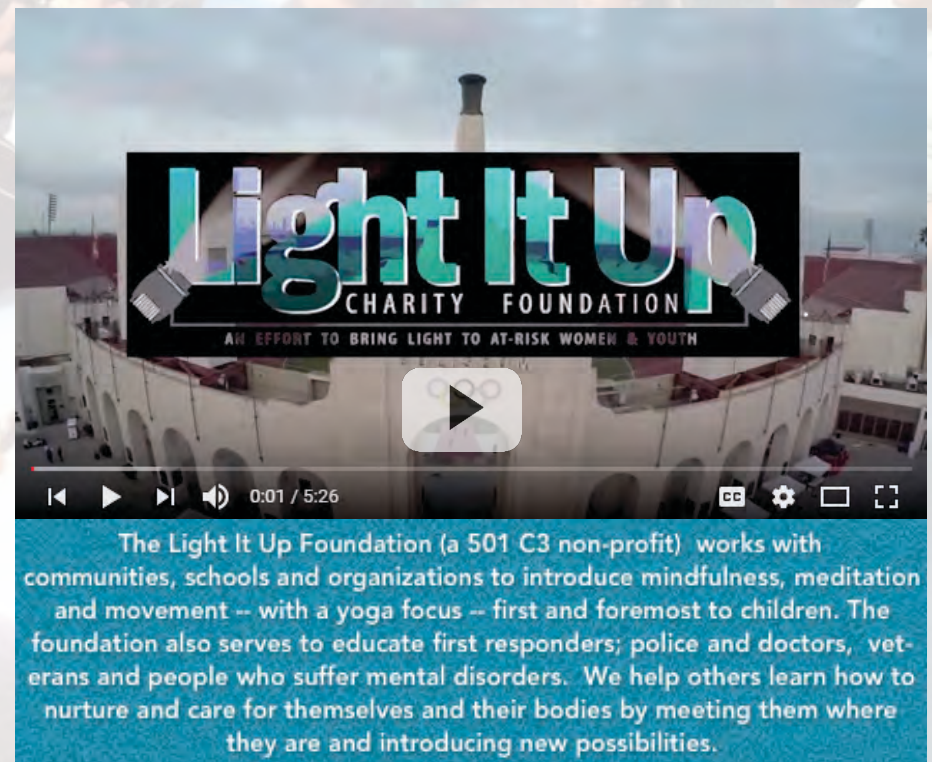


"To go fast, go alone.  
To go far, go together."



# Humanitarian & Community Activist

Keith is the founder of the **Light It Up Foundation**. He donates his time to inspiring and educating inner city youth and young athletes. In 2015, Keith successfully envisioned and successfully implemented a free community charity event *Mindful Living Health Expo & Altamed 5k* through his charity to educate youth, ages 10-17, and their families about the importance of proper nutrition and physical fitness held at the LA Coliseum.





# Connect with Keith





# Contact Keith

To book Keith Mitchell to speak at your next event, for interviews or for more information, please email: [Info@KeithMitchell59.com](mailto:Info@KeithMitchell59.com)

**KeithMitchell59.com**

