



BRANDY GAINOR

MISSIONARY | LICENSED COUNSELOR | FITNESS PROFESSIONAL

Brandy Gainor serves alongside her husband Gray as directors of operations for Europe with the International Mission Board. Brandy has served overseas for more than 17 years starting out as a single woman in college on a summer trip to Slovakia. She returned to serve with Cru as an intern for a year where she met her husband Gray. The Gainors have served for more than 15 years with the IMB in both church planting and support roles, and have lived in Slovakia, South Asia, and the United Kingdom.

Brandy graduated from Clemson University with a bachelor's degree in psychology and went on to get her master's in Clinical Mental Health Counseling from Liberty University. With a heart to serve others who have experienced trauma, Brandy is a licensed professional counselor who integrates biblical principles and spirituality into her counseling work. She specializes in CBT, ACT, EMDR, and Metacognition. She counsels people locally, and she has a special heart for missionaries who serve globally without member care services and those who have repatriated because of retirement, resignation, or forced end of service.

To acquire skills for entry and evangelism, Brandy became a fitness professional to use fitness as a tool for sharing the Gospel. She is a Revelation Wellness instructor and is certified through ACE as a personal trainer and group fitness instructor. She is also certified as a nutrition coach with Precision Nutrition (PN-1). Believing our bodies are important vessels to get the Gospel to the nations, she passionately uses her professional skills to serve missionaries living overseas through Fitness for the Field. Locally, she leads, in-person workouts. In addition, she appropriately integrates her fitness credentials into counseling since we are whole persons that need to be well physically as well as spiritually, emotionally, mentally, and relationally.

Brandy loves her roles as missionary, counselor, and fitness professional, but her best and favorite roles are being wife to Gray and mom to her 5 kids. She enjoys having coffee with friends and helping others bring about good change in their lives.

Brandy spends most of her social media time on Instagram @brandygainor and @fitnessforthe field, and you can also find her on YouTube @brandygainor118. Stay updated with Brandy and reach out to her through her websites: www.brandygainor.com and www.fitnessforthe field.com.