

Woman with a Heart for Bakersfield

Diana Mestmaker



Diana Mestmaker has a passionate heart that lives by the idea of “to whom much is given, much will be required.” She not only believes, but exemplifies knowing if we are blessed with talents, wealth, knowledge, time, and the like, it is expected that we use these well to glorify God and benefit others in

our community.

Dear to her heart, Diana had the joy of leading, encouraging, and teaching Bakersfield’s Best of the Best high school students video projects Hidden in Plain Sight on human trafficking, which has been implemented into the Kern County High School District health curriculum and nominated for a Beautiful Bakersfield Award, and another on the subject of vaping which has been implemented into the Bakersfield City and Greenfield School Districts to be shown to 6-8th graders as well as being posted on the Bakersfield Police Department Facebook page.

Her birthday celebration has become an annual Christmas party at Saint Vincent De Paul feeding 150-200 homeless. While enjoying barbeque and birthday cake, gifts are donated and given as Christmas presents to all who attend! “It’s a touching event, celebrating the beginning of the holidays and Christ’s birth. This is a birthday party where the tears are shed for serving others and seeing them so very happy!”

Diana opened her own personal training studio, The Body Architect, in 1998. Voted Best Aerobics Instructor by Bakersfield Panache magazine, she is passionate about sharing research, new innovative techniques, and striving for excellence through education and conferences. She maintains diversity in the programs she writes and enjoys working with all ages, needs, and fitness levels from the skilled athlete to post-rehabilitative care. Diana has been a Fitness consultant to our local news affiliates, and the Kern

County Library Transforming Life After 50 series.

Diana is an invaluable community volunteer who has contributed greatly to the Girl Scouts of America, Jim Burke Education Foundation Dream Builders, Saint Vincent De Paul, Catholic Charities, Ronald McDonald House, the Diocese of Fresno Health and Wellness Plan for Priests, and having created the first ever Therapy Dog Program at Memorial Hospital. Diana co-chaired the first annual Catholic Prayer Breakfast in 2018, at St. Francis Church, and also co-chaired speaker Matthew Kelly in 2016.

While she enjoyed working as a Civil Engineer, Architectural and Petroleum draftsman, Diana later pursued vast personal fitness experiences inspired by her own need of physical fitness that lead her to becoming a consultant, personal trainer, coach, and aerobics instructor. Diana holds certifications with the Aerobics and Fitness Association of America, National Strength and Coaching Association, Exercise is Medicine credential with American College of Sports Medicine and Functional Aging Specialist.

Diana was born and raised in Kern County and is a Eucharistic Minister and an active member at Saint Francis Catholic Church wherein, 45 years ago, she married her husband, Tom. Together they enjoy the loves of their lives: son Tommy and his six-year-old daughter Julianna, second son Jeffrey and his wife Sarah along with their twin six-year-old boys, Liam and Elijah.

