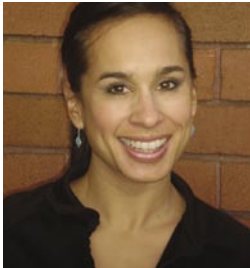


mentor profiles



nardia norman
innervate develop director

Having over 10 years of industry experience Nardia is more than well equipped to lead, inspire and empower people to change their lives. Nardia started at the world renowned Les Mills World of Fitness at the age of 18, where she progressed from Personal Trainer to Head Trainer.

Simultaneously she was studying for and completed a double major within a Bachelor Physical Education (BPhEd Otago University). Her desire to learn more about the human body inspired her to also complete a Diploma of Massage Therapy.

In 2003 her travels brought her to Sydney where she initially commenced working as a Personal Trainer Manager for Fitness First, she then went on to become the Northern Beaches Personal Training Cluster Manager. During this time she was able to continue her passion of personal training, as well as embarking on a mentoring and development role for up and coming trainers.

Nardia is currently a senior coach/presenter at the Australian Institute of Fitness, taking on the challenging (yet rewarding) role of presenting the Certificate 3 Gym Instructor, and Certificate 4 Personal Trainer packages to those gaining entry into the fitness industry.

She is also a senior Personal Trainer at George Street Platinum Fitness First, where her role includes being an effective role model and offering support and guidance to other trainers.

Her holistic approach and intense training style combined with her enthusiasm, passion and education make her a sought after personal trainer mentor and presenter.



lisa brown
innervate director

Lisa holds a Bachelor of Physical Education from the University of Exeter, UK. She has taught Physical Education and coached numerous sports to adults and children in the USA, Hong Kong, United Arab Emirates, UK and in Australia.

Lisa made a career change in 2004 and became a full time Personal Trainer. She created Innervate Health and Fitness, which started out as an outdoor personal training company. Lisa has developed the business to include corporate health and fitness, a large team of subcontractor personal trainers and outdoor training groups. She is also a senior Personal Trainer based at George Street Platinum Fitness First.

Lisa's experience of creating and maintaining a thriving business as well as her infectious enthusiasm for the industry alongside her many years teaching and coaching leaves her well equipped to inspire, mentor and develop others.