

Bernai Brown-Holman's life purpose is to help women become stronger and healthier so that they can live their best lives. She is a proud mother of two girls, loving wife, and elementary school teacher. In order to pursue her passion and develop her and her husband's company, Go Strong Fitness, Bernai has studied to become a certified trainer, weight management specialist and yoga instructor through the National Council for Certified Personal Trainers.

For this former NPC (National Physique Committee) national-level figure competitor, WNPFF (World Natural Powerlifting Federation) national record holder powerlifter and novice crossfit athlete; hard work, dedication, consistency and proper nutrition have become a lifestyle. A lifestyle that she shares openly with others in order to motivate and encourage them through their journeys.

As a highly sought after trainer, known for her holistic approach, results-driven cross-training techniques, flexible nutritional insight and optimum ability to inspire, Bernai helps women accomplish their health and fitness goals through her social media platforms, coaching sessions, special appearances and empowerment movement sessions. Bernai believes in setting reachable goals and celebrating the small victories as you aspire your ultimate milestone.

Her accomplishments, journey and healthy living message have awarded her features in *Philly Fit, Fit & Figures, Eat More to Weigh Less* publications and guest appearances on the talk shows, *Embracing Life with Renai* and *Fox News*. Her first book, [*Strong, Bold & Courageous*](#) is available for purchase.