

Bernai Brown-Holman's life mission is to empower, equip, and educate women on how to overcome barriers in their health so that they can carry out their God-given purposes with strength, vigor, and longevity.

She is the proud mother of three children, a loving wife, and a former elementary school teacher. In order to pursue her passion and develop her and her husband's company, GoStrong Fitness and Apparel, LLC, Bernai has studied to become a certified trainer, weight management specialist, nutrition coach, pre and postnatal coach, and yoga instructor through the *ISSA* and *GGS*.

She is known for her holistic approach, results-driven cross-training techniques, flexible nutritional insight, and optimum ability to inspire. Bernai helps individuals, groups, and ministries accomplish their health and fitness goals through her social media platforms, special appearances, *Stronger than a Stronghold* curriculum, and training. Bernai believes in setting reachable goals and celebrating the small victories as you aspire to conquer your ultimate milestones.

Her accomplishments, journey, and healthy living message have awarded her features in multiple publications and features on local talk shows. Bernai offers encouragement and affirmations in her first published book, *Strong, Bold & Courageous*, and healthy based on biblical principles in her soon-to-be-released book *Stronger than a Stronghold* and enjoys doing speaking and empowerment sessions using movement and faith as her platform. Her utmost aspiration is to enrich the lives of others by helping them embrace, love, and take authority over their health.