

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 business, [GoStrong Fitness, LLC](#), 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 and WNPF (World Natural Powerlifting Federation) national record holder powerlifter; hard work, dedication, consistency and proper nutrition have become a lifestyle. This is a lifestyle that she shares openly with others in order to motivate and encourage them through their journeys.

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. Bernai's new fitness clothing line, [GoStrong Apparel](#) also helps women feel confident while pursuing their goals!

Bernai's bubbly, positive personality, knowledge and ability to help others realize their God-given strength is what attracts her clients of all ages to her and her company. It's also what keeps her schedule very busy. Her utmost aspiration is to enrich the lives of others by helping them embrace, love and care for themselves so that they can live out their dreams with full strength and vigor.