

MEET AN EXPERT

Name:
Nardia Norman

Expertise:
Women's Health

Website:
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Nardia Norman is an expert in Women's Health. An award-winning personal trainer and a published author, Nardia has the expertise, passion and knowledge to take women's health to brand new levels.

What does optimum health mean to you?

To me, it means being at your prime and living to your true potential in all areas of your life – the physical, emotional and social areas. It is about knowing who you are, being authentic and passionate in your approach to all things, and living life with a sense of purpose and freedom.

Optimum health goes beyond the everyday strategies that we employ to try and 'be healthy'; whilst our nutrition, exercise and lifestyle certainly contribute to our overall health they are simply tools. Optimum health is a verb; it is a state of being and experiencing and requires constant attention.

What's the most important thing for you, as a trainer, to be mindful of when working with women?

We must be mindful that every woman is unique therefore an individualised approach is needed. However, in saying this, women also require different approaches compared to when working with men. For example, it is important to

take into consideration a woman's menstrual cycle, differences in her skeletal system and mechanics, and her psychological state when training.

What's your personal philosophy about health and fitness?

I am all about using intelligent approaches to achieve healthier, happier living. What that means is using up-to-date and scientifically backed strategies, as well as intuition to apply the right methodologies at the right time to each individual person.

There is NO one size fits all approach to health and fitness. I want to empower my clients and all those who I come into contact with, with the skills that they need to make lasting change in their lives.

I believe that people should be able to get results without beating their body or emotional self into submission. I am all about treating the body well, and having it serve you well in return. I'm also a big believer in the Goldilocks Principle: keep everything 'just right' and avoid extremism.

Tell us about your book, *Body IQ*.

Body IQ cuts through all the noise and confusion around poor training and nutrition information. It's an easy-to-read and simple-to-apply book that shows you an intelligent approach to fat loss can result in healthier, happier living.

How can people find out more about you or be in touch for more information about health, fitness and wellness?

People can head to my website: www.nardianorman.com and sign up to receive regular newsletters. They can book me to speak at their next seminar, conference or workshop, or they can follow me via any of my social media pages (which they'll find on my website). **OH!**

In this and future editions of this magazine, Nardia Norman will provide her tips to help women enhance their health.

