Hannah Romano

BSRM - Bachelor Sport & Recreational Management: Lincoln University 2008

ASCA - Australian Strength & Conditioning Coach: Level 1

NZ Cert - Sports Coaching: Level 1

NZIHF - National Cert in Fitness: Level 2

Health & Happiness are my 2 H's.

I love inspiring and supporting my clients to not only reach, but surpass their health and fitness goals.

Your success is my passion.

During the past ten years I have enjoyed a successful career as a Health and Fitness Coach achieving the honour as one of New Zealand’s top gym instructors as well as Group Exercise Instructor of the Year.

My clients are my inspiration, whether they are beginners or elite athletes. My goal is supporting and challenging people to achieve their goals. I am married to a professional rugby player (Crusader and All Black) and therefore exercise and sport dominate our lives!

I continue to coach, both personally and online, as well as parenting our gorgeous son. In my leisure time I can often be found experimenting in the kitchen or enjoying the outdoors with both my two-legged and four-legged family members!