Hannah Romano

BSRM - B. Sport & Recreational Mgmt. - Lincoln University 2008

ASCA - Level 1, Australian Strength & Conditioning Coach

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.

I've been a health and fitness coach since 2008 after completing a Batchelor of Recreation and Sports at Lincoln University and have also added a few other NZ and Australian qualifications since. (ASCC, Lvl 1, NZ Sports Coaching, Lvl 1, & Nat. Cert. in Fitness, Lvl 2).

My time in the fitness industry has seen me achieve high honours as one of New Zealand’s top gym instructors as well as Group Exercise Instructor of the Year.

My husband is my best success story so far. He's a professional athlete, playing rugby for the All Blacks as well as Super Rugby level. My clients are my inspiration, at any level, from focusing on everyday health and fitness to elite high performance goals.

What's the best thing about being a coach?

I love coaching athletes to achieve their health and fitness goals, challenging them to achieve goals initially thought out of their reach. Be healthy and be happy.

I continue to coach and share my passion with my online clients along with raising our son. When not coaching I can often be found experimenting in the kitchen or enjoying the outdoors with both my two-legged and four-legged family members!