

Health, Fitness and Powerlifting Accomplishments Highlight Career of SportsEdTV's New Contributor

Charis Nawrocki was first female powerlifting novice to win American Powerlifting Federation's Best Lifter Overall



Florida, Miami, Apr 13, 2021 ([Issuewire.com](https://www.issuewire.com)) - [SportsEdTV](https://www.sportsedtv.com) has engaged Charis Nawrocki, renowned health and fitness advocate and high-level powerlifting competitor to provide insights to its fitness and weightlifting channel as a regular contributor.

"When Charis became an APF national level powerlifter and first USA female novice ever to take the title of 'Best Lifter Overall,' and landed in the Top 20 USA Women Lifters for the year 2000, she epitomized the spirit of [SportsEdTV](https://www.sportsedtv.com) and we're glad to add her to our contributor company," said Robert Mazzucchelli, Founder and Chairman of [SportsEdTV](https://www.sportsedtv.com).

Charis became a National level figure competitor with the National Physique Committee (NPC) in both the Open and Masters categories. Charis was the first national-level powerlifter to cross over as a national-level figure competitor.

"Crossing over has been a Charis penchant after first working in the entertainment industry as a

professional competitive dancer and eventually as choreographer for stage, television, film, and amusement parks before she transitioned to weightlifting and powerlifting,” added Victor Bergonzoli, CEO of [SportsEdTV](#).

She is certified as a Firstline Therapy lifestyle educator and health coach, durability strength coach, 3-Time National Athlete, 2008 Jefferson Award Nominee, 3rd Rank Jujitsu Brown Belt, Wishgarden herbs ambassador, and philanthropist providing healthful lifestyle assistance corporately and privately.

About [SportsEdTV](#): [SportsEdTV](#) exists to help athletes, coaches and parents LEARN, WIN, and CELEBRATE. We don't expect everyone who uses our learning tools to become a world champion - that's not our mission.

We do expect people who use our educational resources to become their own champions, by whatever definition they view success in their chosen sport. For some, success is making the varsity team, for others, it's becoming country champion, and for others still, it may simply be gaining proficiency at a sport that offers a lifetime of fun and fitness.

To us, no matter your aspirations in sport, if you are striving to improve, you are winning! As a leading sports education media company, we provide FREE video and blog content to anyone in the world with an internet connection.

We also offer a global online community, where athletes, parents, and coaches can interact, connect, chat, share content and find new friends. [SportsEdTV](#) videos feature coaching from world-class coaches and athletes - many of whom are or have coached world champions - and have been watched by viewers in every country in the world.

Media Contact

SportsEdTV

rmazzucchelli@sportsedtv.com

Source : SportsEdTV

[See on IssueWire](#)