

About Corine

Corine Short is the CEO of Synergy Nuvu, LLC. She is the founder of Nuvu Fit, Ugly Sweat, That Stuff Nutrition, Nuvu Trac, and SKEN Essentials. Her focus is enhancing the lives of others through total mind-body transformations.

She is God loving, a mother, a former Captain in the United States Air Force, and she holds her BA in Psychology focused concentration on Cognitive-Behaviorism. Corine has earned her MA in Industrial Organizational Psychology from Capella University, her MBA from University of Phoenix, and obtaining her PhD in Health in Human Performance. Corine is a certified Cognitive-Behaviorist Therapist (CBT) Practitioner and Reiki Master and Teacher. Corine has been a certified personal trainer and Life Coach since 2005, she is a nationally qualified fitness competitor. Worked at La Fitness for nine years as a Group Fitness Instructor. Formally trained at the Cooper Institute and has held certifications from ACE fitness and NASM.

She has also worked in the medical sales industry since 2006 as a Territory Manager and Clinical Resource Specialist. She is trained as a Breast Cancer Specialist with Johnson & Johnson Ethicon and a Vascular Access Specialist with Bard Access Medical.

Corine is an author, personal trainer, life coach, keynote speaker, and a group training coach who is committed to guiding people and organizations into their highest body-mind potential. She left her successful job as a medical device sales rep to pursue a life she was passionate about... with many learning lessons along the way. After being inspired through her own weight loss journey and many life changes she realized her journey was indeed her destination.

Corine has a commitment to helping people understand they are created to be great. Her passion is to encourage thinking past obstacles and uncovering the best version of self. With her fundamental principles of Cognitive-Behaviorism, she truly believes our thoughts create our behaviors. Therefore, we think therefore we are. She is dedicated to providing a positive and encouraging message to the world. She cares deeply about helping to create change for those that seek to change their lifestyle through health and wellness.

Corine founded Synergy Nuvu, LLC in 2012 to be a global powerhouse in the health, wellness, and beauty industry. Being a total resource to motivate change with life coaching, to inspire fitness habits through personal training, to encourage better nutrition through supplementations, to enhance beauty through skin care and provide the market with innovative ways to achieve their goals.

www.SynergyNuvu.com

www.SkenEssentials.com

“Never Underestimate the Value of U” – Corine Short

