

## **LIBERTY LIBERAL ARTS ACADEMY**

### **Ana B. Russell Teacher Bio**

Ana Russell is a successful Health and Fitness Personal Trainer. Ana has retired from a 25-year career in Corporate America ranging from an Executive Director in the Hospitality Industry to an Office Manager to various dealership. Ana's extensive leadership roles have allowed Ana to teach and mentor in her work field. Training in a corporate and in a one on one atmosphere has allowed her to grow and allow her talent to help and educate others at different levels in different fields of business.

Ana has held leadership roles within her community and established a mentoring program for young teen moms in the early 2000's. Ana's direct approach to educating has given her earned respect within the community and her peers.

Ana is a graduate and alumni of Judson University; where she learned to value morals and standards to the next level of education. Thinking and learning outside the box is what had gotten her through her university days. Ana earned her B.A. in Business Management & Leadership with a minor in Communications.

Ana also assists her husband with his Information Technology Consulting Company. Ana manages all contracting documents and works behind the scenes to help her husband gain business.

Ana's Passions are Art History (Member of the Chicago Art Institute), Health & Fitness (Member of NASM) and Photography.