AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Lisa Dearmin

Personal Trainer / Coach based in Merritt Island, Florida, United States

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Lisa Dearmin, Personal Trainer / Coach based in Merritt Island, Florida, United States

ABOUT LISA

Lisa is a personal trainer/coach based in Merritt Island, Florida, United States with an interest in Running / Jogging, Fitness / Gym, Hiking, Cycling, Swimming, Softball, Mountain Biking, Triathlon, Surfing, and Climbing / Bouldering. Lisa is open to exploring new brand partnerships, sponsorships, and other opportunities.

ATHLETE PROFILE

Name	**Lisa Dearmin**
Location	**Merritt Island, Florida, United States**
Athlete Status	**Personal Trainer / Coach**
Sports / Activities	**Running / Jogging • Fitness / Gym • Hiking • Cycling • Swimming • Softball • Mountain Biking • Triathlon • Surfing • Climbing / Bouldering**
Available for Opportunities	**Yes**

Lisa is a certified personal fitness trainer, lifelong athlete, bodybuilder, and military veteran whose passion for health and wellness goes far beyond physical fitness. With a strong belief that true wellbeing comes from balancing physical, mental, spiritual, and emotional health, she has dedicated herself to helping others build stronger, healthier, and more fulfilling lives. Her background in athletics, military service, and leadership has shaped her disciplined yet compassionate approach to fitness, inspiring others to recognize their potential and embrace lasting personal transformation.

With professional certifications from the International Sports Sciences Association (ISSA), Harvard

Medical School's Lifestyle Medicine program, and USA Triathlon, Lisa brings a wealth of knowledge and experience to her coaching. Her expertise extends beyond exercise and nutrition to include restorative sleep, stress management, meaningful social connections, and healthy lifestyle choices. Combining her fitness knowledge with leadership and project management experience, she helps individuals develop sustainable habits that support long-term performance, longevity, and overall wellbeing.

For Lisa, fitness is not simply about building muscle or achieving physical goals — it's about creating meaningful change from the inside out. Her mission is to empower others to recover, rebuild, and reach new levels of strength, confidence, and personal fulfillment. Through her dedication to holistic wellness, Lisa continues to demonstrate that true strength comes from nurturing the body, mind, and spirit while embracing a lifestyle built on purpose, balance, and continuous growth.

Athletes World Magazine

Athletes World™ is an independent global magazine dedicated to sports, fitness, and lifestyle, featuring athletes, coaches, trainers, and industry professionals alongside stories on training, nutrition, wellness, and industry news.

Published by Athletes World Magazine - A Burbayne publication

November 2, 2026

https://athletes.world/winter-2026/lisa-dearmin-featured-athlete-merritt-island