

Qawnana Crockett

Qawnana comes from a military background, serving 8 years in the armed forces. She went on to become a professional natural fitness competitor, and owner/operator of a competition prep business. Her passion for health and wellness spans over 20 years. Qawnana also has a professional makeup artist and stylist background of 10+ years, where she worked for high end luxury brands like Chanel and Laura Mercier. Her other areas of professional experiences are HR, Project management, and Operations management. Originally from Ohio, Q has resided in Virginia for the past 20+ years.