



*Nova* Smith

**Nova enjoys an active lifestyle. Her motto: “If its an outdoor exercise, I’ll try it.” She loves group fitness and the challenge of pushing each other and being pushed to personal best.**

**She has run more than thirty 1/2 marathons around the U.S. and internationally.**

**Nova recognizes that each fitness journey is personal and no two experiences look the same.**

**Nova is a Histotechnologist with the University of Pennsylvania and currently resides in Philly.**

**When not working out in the gym (pre-Covid) or on her beloved Peleton, she enjoys reading, traveling, drinking coffee, and spending time with her grandson. Nova is also the visionary behind Thee Coffee Gurl. In October 2023, Nova hosted a unique coffee experience in Philadelphia, Thee Coffee Crawl.**

**Nova is a daughter, sister, mother, confidant, and friend.**

**Visit Nova:**

**[thecoffeegurl.com](http://thecoffeegurl.com)**

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