



"Aging is a privilege, and while we can't be younger – we can rock our age, and age strong, both above and below the neck!"

About

Sadie Nardini

Sadie Nardini is a veteran wellness expert, bestselling author, and the powerhouse founder of Face HIIT™—a revolutionary natural facelift method that lifts, sculpts, and tones the face and neck.

With over three decades of trailblazing experience in the wellness industry, Nardini has dedicated her life to empowering women physically, mentally, and emotionally. Her core tools include yoga, strength training, and a bold message that celebrates every woman's authentic self.

Her journey began in her teenage years after a spinal injury left her nearly bedridden. Guided by her mother, she turned to yoga and breathwork—an experience that sparked a lifelong passion for healing and transformation. This path led her to deep studies in nutrition, anatomy, and exercise physiology, resulting in a signature approach that blends science and holistic health.

In her 30s, Nardini founded the globally recognized Core Strength Vinyasa Yoga, a dynamic, anatomically focused fusion of deep core activation and vinyasa flow. The method's empowering tagline—Rock Who You Are—became a rallying cry for millions through global wellness sessions, one of the world's largest yoga YouTube channels, bestselling books, and the Rock Your Yoga television series.

As her life evolved, so did her methods. Caring for an aging parent while navigating the physical changes of perimenopause led her to seek greater strength—both inside and out. High-Intensity Interval Training (HIIT) offered a powerful boost, but she longed for the mindfulness and alignment of yoga. This inspired the creation of Yoga Shred™ and the Somatic Flexibility Technique—hybrid methods designed to help women build muscle, boost metabolism, protect their bones, and reclaim power at any age.

Her educational journey continued with certifications from Harvard and Stanford, along with mentorship under industry leaders like Leslie Kaminoff of The Breathing Project NYC.

In her 40s, Nardini began to experience the facial aging that affects millions of women each year. Disillusioned by the temporary effects and high costs of Botox and fillers, she turned to what she knew best—movement, anatomy, and empowerment. She applied HIIT principles to the face and neck, developing a method to tone and sculpt facial muscles and release tension naturally, mimicking the results of injectables without the expense or side effects.

Face HIIT™ was born.

Now in her 50s, Sadie Nardini is redefining what it means to age well. She rejects the term anti-aging, embracing instead the philosophy of aging strong. Face HIIT™ is not about turning back the clock—it's about owning every year with confidence and vitality. The method combines high-intensity interval training, resistance-based facial movements, wrinkle-blocking hand positions, and myofascial release techniques—enhanced with affordable, plant-based skincare.

Today, Face HIIT™ is lifting, sculpting, and empowering thousands of women and men around the globe. It represents Nardini's lifelong mission: to help people age fiercely, naturally, and confidently—without compromise.

Her work has been featured in major outlets including The New York Times, Shape, Cosmopolitan, Yoga Journal, DailyOM, Random House, Trade Paper Press, and Z Living TV, with a global reach in the millions.

Face HIIT™ continues to grow as a movement, offering a real, sustainable alternative to invasive procedures—and giving women back their power, one face at a time.



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