

Lisa Scarbrough BIO



Lisa comes to ArmorUp Media as our hero and our contributor.

Lisa helped save Loriana's life by donating her bone marrow so Loriana could get another chance at life and go home to her husband and son. It only makes sense that our hero would also be part of our company as a contributor. Lisa wanted to make sure that Loriana's passion and dream to promote health and wellness through marketing stayed front and center.

Lisa serves as ArmorUp Media's assistant writer, researcher and contributor. Over the years, Lisa has evolved into a health and fitness expert and contributed to various forms of digital media from print to video to promote health and wellness. Before ArmorUp Media, Lisa was the director of family funding and resource coordinator/parent advisor for a non-profit created to help children with special needs.

Lisa also brings more than 20 years experience as an educator.

When not researching all things health and wellness related, Lisa loves to spend time with her family, attend church, workout, hike, bike, practice yoga, make some amazing clean eating meals and just enjoy life.