

RAMONA BRAGANZA

Celebrity fitness trainer Ramona Braganza may be most known for sculpting hot Hollywood bodies, including that of Jessica Alba's and Halle Berry's, but her love of fitness and quest for excellence has facilitated the transformation of hundreds of bodies and attitudes worldwide.

Recognized as one of the top Personal Trainers in the world among the entertainment industry, Ramona has worked as Jessica Alba's personal trainer for the last 10 years and also trained such celebrities as Halle Berry, Anne Hathaway, Kate Beckinsale, Ashlee Simpson Wentz, Jaime King, Dania Ramirez, Brittany Snow, Ron Livingston, Ryan Reynolds, Chris Evans, and Michael Weatherly.

Many of her famous clients are known for their long lean muscles which were shaped using Ramona's own 3-2-1 Training Method of 3 Cardio segments, 2 Circuit strength training segments and 1 Core segment. She is equally capable of adding size and strength to her clientele by drawing from her intense weight training and fitness competition background. Ramona has been singled out as the "go to" trainer if you have six weeks to prepare for your next role or six years to transform from head to toe.

She may look like she is 25 years-old, but today Ramona boasts over 20 years in the fitness industry. Due to her expert knowledge of fitness, Ramona has made editorial contributions to *Shape*, *Marie Claire*, *Allure*, *Fit Pregnancy*, *Elle*, *Cosmopolitan*, *Woman's World*, *Self*, *Women's Health and Fitness*, *Glamour*, *Cosmo Girl*, *Japanese Vogue*, *In Style*, *People*, *US Weekly*, *In Touch* and more. Today, she has certifications from UCLA and Can Fit Pro. She was the 2007 spokeswoman for the Kraft Foods' South Beach Diet and is currently a spokesperson for Glaceau, Smart Water/ Vitamin Water, is a Fitness Expert panel member for Golds Gym's Fitness Institute, and a brand Ambassador for Reebok.

Production companies continuously seek her out to train their stars while on location. After years around the world on different movie sets using limited equipment and relying on soft sand, nearby mountains, trees, and rocks to fit in workouts, Ramona designed a custom built 48' mobile fitness trailer that rivals the world's most exclusive gyms. "Mobile Physique" has been on the set of X-MEN 3 training Halle Berry and Dania Ramirez, FANTASTIC FOUR 2 with Jessica Alba and Chris Evans, and NIGHT AT THE MUSEUM PART 2 with Ben Stiller. Recently Ramona has been identified as being the woman responsible for getting new moms back into shape with her 321 Baby Bulge Be Gone program. Developed specifically for clients Halle Berry, Jessica Alba and most recently Ashlee Simpson Wentz, the program is now available on DVD on her website 321babybulgebegone.com.

Ramona combines weights, cardio, a solid nutrition program and her incredibly contagious and infectious energy to get even the most sluggish of bodies toned and healthy. "You can do a workout anywhere, any time, with very little supplies," said Ramona who was born to East Indian parents, but lived all over the world before coming to the United States. Her international upbringing has not only allowed her to become fluent in English, French and German, but to work with all types of clients from A-list celebrities to stay-at-home moms, and from NFL cheerleaders to corporate executives.

From the age of four, Ramona became involved in sports. A competitive career in gymnastics in high school led to dance, which led to a career as a cheerleader in Los Angeles for the then N.F.L. LA Raiders where she won numerous awards including "Raiderette of the Year." After a decade of professional cheerleading, she served as one of the Raiders' Choreographers and as Dance Director for the NFL Europe League before competing as a professional fitness athlete. Instantly recognized for her exceptional physique, Ramona began modeling for top fitness magazines, including gracing the cover of *Muscle and Fitness*. She was also a model and guest host for Pinnacle Sports and Body by Jake, and appeared in fitness commercials for such brands as Reebok and Champion Sports. Often called upon as a fitness expert for MTV, VH1, Extra and on E Chanel, she is this year's Body By Glamour featured Celebrity trainer and her program will appear in 2009 May through July issues.

Ramona is honest in her approach. She is renowned for teaching her clients to have perfect technique while working out, to take care of their bodies through proper nutrition, proper rest, moderation and above all, keeping things fun while maintaining excellence. "For me, being fit must become a lifestyle." I'd be bored to death going to the gym every day."

Believing that what is going on inside your body is a reflection of your exterior, that extremes are detrimental to health and that being fit is more than an hour in a gym, Ramona shares with clients her three tenets of fitness: **LIVE LIFE FROM THE INSIDE OUT, LIVE A LIFE OF MODERATION and MAKE FITNESS A WAY OF LIFE.**