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Ramona Braganza

Fitness, Health and Wellness Expert

" My 3-2-1 Philosophy guides individuals to get Get Ready Mentally, Get Set Physically and Go Forward Emotionally towards their goals. My goal is to help you create lifelong healthy habits"

Ramona Braganza



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Language Spoken

English

Travel's From

Toronto, Ontario

Speaker Biography:

Celebrity trainer and Global fitness expert 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 in the entertainment industry, Ramona worked as Jessica Alba's personal trainer for over 12 years and continues to train celebrities and individuals using Ramona's 3-2-1 Training Method of 3 CARDIO segments, 2 CIRCUIT strength training segments and 1 CORE segment.

Due to her expert knowledge, Ramona Braganza has made International editorial contributions to Shape, Marie Claire, Men's Health, Allure, Fit Pregnancy, Elle, Cosmopolitan, Woman's World, Self, Women's Health and Fitness, Glamour, Cosmo Girl, Vogue, In Style, People, US Weekly, In Touch Weekly, OK and the Huffington Post. She has been a spokeswoman for Kraft Foods' South Beach Diet, Coca Cola/Glaceau Vitaminwater and many more. She is also a Fitness Expert panel member for Gold's Gym's Fitness Institute.

As an international presenter, Ramona Braganza 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 Ashlee Simpson Ross. Her 12-week postpartum program and is a part of the Mamma Mia program at Fortis Hospitals in Delhi, India.

Ramona's global name continues to grow with much of it taking place in India, a new market for her talents. In 2014 India Vogue magazine nominated her "Fitness Expert of the year closely followed by the release of her new book "Feel Fit Look Fantastic in 3-2-1". Her recent launch of franchise opportunity for a business model focused on an in home on demand training program is successfully educating and training the local Indian population. Recognizing a need for more female trainers in India and seeing a population of young females saved from trafficking who required training in order to rebuild their futures Ramona Braganza set out to form an international charity 3-2-1 Empower. Providing the education and opportunity these young women needed to start their own business by bringing wellness to themselves and others.

Braganza's incredibly contagious and infectious energy will get even the most sluggish of bodies toned and healthy and inspire audiences of all ages. "You can do a workout anywhere, anytime, with very little supplies," says Ramona, born in Germany to East Indian parents. An international upbringing has not only allowed her to become fluent in English, French and German and her versatility lets her work with wide range of clients, from A-list celebrities to stay-at-home moms, and from NFL cheerleaders to corporate executives.

Topic Presentations

Embracing Eastern Wellness Roots: Holistic Approach to Health and Wellness

Raised as a Catholic from East Indian parents descended from Portuguese Goa, born in West Germany Bavaria, who at 7 years old arrived in Canada speaking fluent German, and at 21 went to live in the US for over 20 years. It was only at 45 a return to her roots in India ignited an interest in learning more about her heritage. 10 years later Braganza is embracing her Eastern traditions in Health and wellness and integrating them into her western ways and shares these discoveries with her audience.

3-2-1 Get Ready Mentally, Get Set Physically, Go forward Emotionally

We all lead busy lives, but unlike celebrities who have the luxury of a chef, trainer and a nanny to help, we do everything on our own. With too little sleep, poor nutrition and lack of exercise, we continue to juggle demands at work with family commitments, relying on the Superhero within, we struggle to maintain balance. It isn't until we are faced with a life changing health scare, physical, mental or emotional that many of us recognize we are not invincible and set out to change our ways. As we pursue our new goals, it obvious that reversing old habits and creating new ones are harder to stick to when we are at our weakest. As our productivity drops, stress rises and depression can set in and all the while we continue to burn the candle at both ends hoping our bodies and minds will hold out.

The good news is we have a choice. We can take the necessary small steps NOW before a crisis to manage our mental, physical and emotional health. As a Global Fitness expert and on site wellness coach to busy actors such as Michael Weatherly, of NCIS and BULL fame, I know what it takes to help people manage daily schedules, workouts, meal plans, sleep patterns and more. Using my 3-2-1 Philosophy, Get ready mentally Get set physically Go forward emotionally I implement strategies that can help prioritize in a way that fit into your lifestyle before it's too late.

Overcoming Obstacles and Following Your Dreams

As an immigrant child from East Indian parents growing up in a small town in Canada during the 1970s Ramona learned at a young age how to overcome obstacles Her dream at age 9 was to go to Hollywood to become a star. Keeping the goal in sight at 21 she packed her bags and set out on that journey one that would continue in a steady uphill climb, first in entertainment as an actress and dancer and then as Jessica Alba's personal trainer for 12 years. At the top of her game tragedy struck, and everything Ramona had worked so hard to achieve was gone in a blink of an eye.

If it had not been for the foundation for success that she had built, the support system of those around her and faith in her higher power, she would not have been able to persevere through what she refers to as the "lost years." Unknown to Ramona, those years were a necessary part of her evolution revealing a deeper purpose and exposing her true calling in life.

Building a Superhero Body

Want to have abs like Halle Berry, a butt like Jessica Alba or guns like Ryan Reynolds? Have you ever wondered how these actors achieve their goals? Well, having worked with many A-list actors in Hollywood shaping and sculpting is something I am familiar with. As the trainer to the stars, with my most recent credits including both Jamie Dornan and Dakota Johnson on the Fifty shades of Grey series, I take you behind the scenes for a revealing look at the workouts, meal plans and mindset needed. Whether you are looking to build a Superhero Captain America body or simply look good naked you have come to the right place!

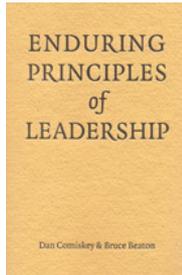
Getting Your Post Baby Body Back

How do those Celebrity Moms get their post baby bodies back? As Jessica Alba and Halle Berry's personal post partum trainer and creator of the 3-2-1 Baby Bulge Be Gone 12-week workout along with Chef Maureen Bryce 12-week meal plan we have been able to help Hollywood moms lose weight in a healthy and effective way 1-2 pounds a week. Time to get your body back now!

Empowering Girls and Women

Ramona Braganza will discuss the current climate on human trafficking particularly young girls who are sexually exploited in Canada and the proposed option for recovery of victims that she is currently implementing in India with her international charity 321 Empower. Its mission is to educate girls saved from trafficking through fitness with an option to become certified fitness trainers. This program empowers them mind, body, and spirit through exercise and healthy eating while providing job skills to these marginalized young women enabling them to live independent lives.

Books



Feel Fit, Look Fantastic in 3-2-1

Have you ever wondered how Jessica Alba got ready for her bikini scenes for the movie "Into the Blue"? After years of teaching my signature exercise and nutrition programs to Hollywood's elite, I am excited to reveal the stars secret weapons to their success. For the first time ever, you will get a behind the scenes look into their lives, and learn the same nutrition tips and training techniques they use to prepare for their body revealing roles.

Testimonials

"I have exercised for most of my adult life but getting back in shape after having my baby proved to be quite challenging. Ramona's simple but smart workout regime made getting my pre-baby body back educational, fun and almost effortless. Her program really works!"

Halle Berry

Whether I'm having to quickly get in shape for a movie or bouncing back from having a baby, Ramona's workout programs are consistently fun and effective. Mixing cardio and weight training, no workout is ever the same and so it's never boring. Ramona also gives the best encouragement and always has a smile on her face, which is always a plus when getting through a tough workout.

Thanks Ramona!

Jessica Alba

I work with Ramona whenever I'm in Los Angeles. She has gotten me in shape for films, the red carpet, and has helped me greatly improve my overall health. Making sure I look good and feel better, her workouts are fun and challenging.

Anne Hathaway

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