



In her three decades in the fitness industry, Mare Petras, CEO (Chief Energy Officer) of Fitness Simply has been through all the fads and all the extremes, discovering that a simple, moderate approach to fitness is what feels best and works. Her fitness background, life coach training, and messaging skills offer audiences a unique “one size does not fit all” approach to wellness. Recognized by the *New York Times* as the anytime, anywhere fitness expert, Mare’s playful mind, body, and spirit *fit-losphy* encourages people to “enjoy their bodies, enjoy their lives, every minute every day.” She exposes the motivational roadblocks to good health and provides audiences fun, easy, and simple solutions to reduce stress, improve attitude, and “refine their exteriors.”

During her years as one of Washington D.C.’s premiere personal trainers, Mare:

Ran with (well, behind) President Clinton for the American Heart Association’s National Capitol Affiliate.

Worked out Arnold Schwarzenegger during the “Great American Workout” held on the Whitehouse lawn.

Was featured in Shape magazine as a provider of fitness programs for busy women.



Mare is the author of three fun Fitness Simply books: *Tone Up With Wine and Other Fun Fit Tips*, *The Seven Habits of Highly Successful Swimsuit Shoppers*, and *Buff Boomers and Beyond*. She writes for local and national health magazines/websites and sits on various wellness advisory boards. She is a DVD star and fitness spokesperson, frequently quoted on h...

Mare Petras


Speech Topics

 **Health & Wellness**

Testimonials

 "I left this class-excited, energized, motivated, revitalized and happy! I had a dress on with heel and no food was served, this had to be a great class!"

- Sarasota, FL.

 "Thank you for presenting...you got rave reviews. We all appreciated your time, talent and energy. It was fabulous."

- EvokingCoachingExcellence.com.