



Margie Cerato

Lululemon athletica ambassador

Vibes Fitness -- www.vibesfitness.com.au

Margie Cerato, the founder of Vibes Fitness, has 28 years experience in the health & fitness industry. Margie has a Melbourne based Boutique Personal Training studio in Nicholson St, Carlton.

Vibes Fitness assists in creating balance, energy and choices.

At 25 Margie opened up Vibes Fitness and has been running her own business ever since. The last 18 years she has focused on Vibes Fitness, specialising in a wide range of services; her website has full details.

Margie's thirst for knowledge is endless and in her own personal journey she has discovered how to balance energy and choices. Rehabilitating her self from, neck, jaw and lumbar spine injuries has left her with a passion for pillets

and rehabilitation in the work environment. Her KISS principals' (keeping it simple successfully) is what she bases all her fitness principles on. She has worked with athletes, general public, cooperate environment, rehabilitated the injured and people with disabilities, older adults and children. After all we are all kids at heart!

Her qualifications speak for themselves as she constantly attends workshops and is educating herself on new developments. Her favourite quote is "life is not measured by the number of breaths we take but the moments that take our breaths away". Anonymous

Margie has appeared on Channel 10 "Good Morning Australia" with Bert Newton, Channel 9 "Ernie & Denise", "What's Cooking" with Geoff Janz and Kerrie-Anne Kennerly, radio stations 3AK and 3MP, and public TV Channel 31.

She has a growing reputation as a personal trainer for the stars, having toured with Meatloaf, singer Patrick McMahon, and host of Channel 7 Healthy, Wealthy and Wise, Ronnie Burns. Also Comedian Bruno Lucia and International Entertainers "Air Supply". Her Kiss principles keeps her clients healthy and happy simplify their lives, creating balance energy and choices in all they do.

Testimonials from some of Margie's clients

1. Meatloaf 93: "Margie has amazing energy."
2. Simon Greenwood 98: "Working out with Margie has been fun and totally changed my way of life."
3. James 2005: "Margie absolutely helped me to refocus my efforts in the gym."

