WHO IS MARTA MONTENEGRO?

Marta Montenegro enjoys pushing her own boundaries in a wide variety of professional and personal enterprises. Her award-winning website and blog Simply Healthy at MartaMontenegro.com provides her readers with weekly advice, workout routines and breakdowns in the latest research on fitness, nutrition and health.

JOURNALIST

HEALTH & FITNESS EXPERT

AUTHOR

MEDIA PERSONALITY

ENTREPRENEUR
THE HEALTH & FITNESS EXPERT

Marta Montenegro wasn’t born a fitness enthusiast, but as she discovered the world of sports, exercise and health in her early youth, she became passionate about testing her strength and motivating others to be healthy. Marta is a certified strength and conditioning coach, master trainer and serves as an adjunct professor of exercise physiology at Florida International University.

Through her experiences, Marta has developed her own system of plyometrics and resistance exercises, used by professional athletes across a variety of disciplines. One of Marta’s areas of specialization is cardiac rehabilitation and she serves as a spokesperson for the South Florida American Heart Association. She recently won honors in the Sports & Athletics category for Miami-Dade County’s In the Company of Women Awards 2011. She is a member of the National Strength & Conditioning Association, the American College of Sports Medicine and the American Society of Exercise Physiology.

Marta’s passion for writing and editing was fostered by her tenure with the Venezuelan newspaper Diario La Verdad, which in addition to running her own one-on-one gym, gave her the experience and inspiration to publish a Spanish-language book: “Olvidese de la Dieta: Ejercitese y Aprenda a comer!” (Forget Dieting! Exercise and Learn How to Eat)

Marta was also the creative force behind US-based SOBeFiT, a national health and fitness magazine for men and women that earned multiple awards for editorial excellence and helped cement her reputation as an engaging writer, capable of tackling the most difficult subjects and turning them into features that every reader could understand and implement in their daily lives. SOBeFiT earned praise from top athletes and celebrities like Serena Williams, Rafael Nadal, Dwyane Wade and Mario Lopez, among many others.

Marta is continually updating her teachings with the latest in fitness, diet and overall health science, sharing these updates with readers of her column on AOL en Español, FOX news Latino as well as being a regular contributor for CNN en Espanol. She also runs her award-winning website, MartaMontenegro.com, a growingly popular endeavor that combines fitness, diet and health advice for men and women regardless age and physical conditions.

WWW.MARTAMONTENEGRO.COM
THE MOTIVATOR

As someone who believes in leading by example, Marta has learned to extract knowledge from every new enterprise so she can share it with others. She holds two master’s degrees — one in Finance and one in Exercise Physiology. They came in handy when she opened her wellness center in Venezuela, specializing in one-on-one personal training and providing customized programs for people with special medical conditions.

She served as a panelist at the Arnold Classic and was the keynote speaker for the PGA Cadillac Championship Women’s Executive event, Miami-ING marathon among many other top well-being events.

Marta Montenegro has been inspiring people to live healthy lives by giving them the tools and strength to find one’s inner athlete. Inspired by her father’s last words to her, “Find your victory,” she dedicated herself to living a healthy lifestyle and sharing her personal journey with others. Welcome to her world.

THE MEDIA PERSONALITY

Be it lifting weights at the gym or speaking in front of a large audience, Marta shows poise, good form and the self assurance that comes from achieving experience at the highest level. She frequently contributes to both local and national media outlets, including CNN, NBC, ABC, CBS and Univision and even matched wits with a panel of comedians on “The Joy Behar Show.”

Marta Montenegro’s presence extends to the realm of new media, as well. She learned early on to take advantage of the Internet and social media to promote all her creative outputs, and remains an active user who strives to keep herself creatively involved on Facebook, Twitter, LinkedIn, YouTube and similar web-based outlets.

Marta took advantage of her ease in front of the cameras to produce and star in the Montenegro Method DVD workout series – a program she designed for getting results in just 21 days by exercising 21 minutes a day.
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