

About MEG

Just imagine looking and feeling great! It really isn't easier for everyone else; it just seems that way. But you can improve your health and fitness, too.

Just Imagine:

Enjoying shopping for clothes again

Feeling sexy

Your joints no longer ache

Looking forward to summer and tank tops and shorts

You can enjoy your kids or grandkids without aching and needing a nap

You are in charge of what you eat, instead of it being in charge of you

When I was in high school, I struggled with weight. I hated how my clothes fit and really didn't like looking in the mirror. When my daughter was 2 months old, however, a friend asked me if I'd like to join her in an 'exercise to music' class. Well, I had been trying to find an exercise program that I liked, and I LOVE music, so I told her, "sure!".

Wow! I loved it! The next few days my entire body ached beyond anything I had ever experienced, but I went back. over and over again.

Two years later, the instructor asked me if I would like to start teaching the class. That opened up a world that led me back to school to get my degree in nutrition to become a registered dietitian, and led to group exercise certifications, and eventually to personal training certifications and to my own business, MEG Fitness, in 1996.

For over 10 years, I provided in-home personal fitness training and nutrition counseling to previously unfit adults who wanted to look and feel better. In 2003, I expanded into life coaching in order to better help my clients achieve their goals of health and fitness.

Wouldn't it be great if you could LIVE that healthy life you imagine? Sure, it takes work and discipline, but if you believe it, you CAN make it happen!

Today I am in my 50's and am healthier than ever! Yes, I have to keep my exercise a priority and I have to pay attention to what I eat. I am just like anyone else; the pounds will come on if I ignore what I'm doing!

You can get there too!

How Margie can help you achieve your health and fitness goals:

- Provides unconditional support and guidance
- Gives you someone to vent to, who will listen with love but then help you find a way to move yourself forward
- Education on how to make your goals achievable
- Expert advice on what is true and what is myth
- Someone who can answer your specific questions about what to eat and why
- Unlimited resources to help you achieve your goals
- Helps you set up goals and action plans that ensure you achieve those goals
- Someone who will not give up on you, even if you sometimes give up on yourself

"Sometimes we don't realize what we can be. We get stuck in being who we have always been and even though deep down we know better, we need help to recognize all that is possible for us. I made a decision to get healthy, but I didn't really know how to get started on my health journey.

I had taken Margie's Personality Diet Teleclass and soon came to realize what a wealth of information she was. After the class was over, I thought I could take what I learned and implement it in my life. Margie gave me time to find my way. Then one day, out of the blue, she sent me an e-mail to see how things were going.

That e-mail couldn't have come at a better time in my life and although I wasn't quick to respond, I did decide to ask Margie for help. She became part of my support team.

Marjorie is very knowledgeable and understanding. She knows how to be supportive and she knows when to challenge you for your benefit. What's cool is you don't have to do anything you don't want to. You are free to find your own way, but you now have someone supporting you through the process.

Working with Margie has been challenging, but it is getting me closer to my ultimate goal...HEALTH. I now believe that I can be healthy."

Nadja Y. Melendez

Are you willing and ready to look deep within yourself and answer hard questions about who you are and what you are willing to do to really achieve your health goals?

I work best with clients who are willing to do the work necessary to improve their health habits to achieve their goals. It's not as easy as taking a pill or following a diet. It takes work and sometimes internal struggles to create new habits and break old ones. But, if you are willing to make those changes, this is the place for you!

To learn more about my coaching services, [click here](#).

Other Info About MEG

I really DO practice what I preach in health and fitness! What I do is a lot of what I am. But, I also do like to just 'chill', too.

I live in the San Bernardino Mountains of Southern California at 6,000 feet above sea level. This is one of the few areas in Southern California that receives snow each year.

I am fortunate enough that we live where my husband and I can walk into the woods for an hour or two of hiking or take our kayaks to the ocean and still be home before dinner. Although we no longer participate in the extreme four-wheeling we once did, we still enjoy taking our Jeep CJ7, "Spot", out on the local trails.

To enjoy an old movie during a snowstorm, in front of a hot fire, or to listen to smooth jazz playing in the background while working next to the open window, while the wind blows through the pine trees, are some of the joys of where I live. Enjoying my environment encourages a state of peace that I am able to pass onto my clients.

Whenever possible, I enjoy traveling. Conferences, meetings and presentations have taken me to multiple areas of the country in the US, most recently to Hawaii for the first time. Travels outside the country have included multiple trips to Mexico through the years, Jamaica, and Rome, Italy.

Do you dare to hope?

Give me a call or email and let's see what I can do to help you create your health goals.

928-776-7317 or support@megfit.com