



As America's Nutrition Leader, **Zonya Foco** is a master of inspiration, motivation and visual humor, providing hard-facts information and simple solutions that help everyday people improve health, create balance and maximize energy. She is the only Registered Dietitian (RD) and Certified Health and Fitness Instructor (CHFI) in the country to have earned the prestigious Certified Speaking Professional (CSP) designation.

If you're expecting a lecture-style presentation from this "energizer health bunny" - DON'T! Zonya pulls out all the stops in her live presentations and video seminars, delivering equal parts entertainment and education all the way. Zonya helps people laugh at their bad habits and discover the joy in adopting new, healthier habits. In fact, she has identified eight core healthy habits that create the acronym DIET FREE, originally published in her co-authored DIET FREE novel, *Water with Lemon*. In 2010, Zonya launched her complete DIET FREE video seminar lifestyle program for individuals and leader-facilitated programs.

In addition to her professional speaking and writing career, Zonya is host of the television series, "Zonya's Health Bites," and a two-hour special, "DIET FREE with Zonya Foco, RD," on national public television. Since 2004, she has partnered with Health Alliance Plan (HAP) of Michigan since 2004 to develop and present its award-winning Weight Wise member programs based on her DIET FREE habits. Zonya has also worked with Bob Greene as a guest presenter for "Oprah & Bob's Best Life Challenge," providing entertaining and educational cooking presentations.

Zonya received her bachelor's degree from Eastern Michigan University in 1987 and then worked for eight years as a clinical nutritionist for...

Zonya Foco

Speech Topics

- ▢ Youth
- ▢ Personal Growth
- ▢ Life Balance
- ▢ Family



Testimonials

▢ "I just wanted to let you know what an inspiration you have become to me. ...I have lost ten pounds, and have never felt hungry. ...I do 30 minutes on my exercise machine now while I'm watching your show. Talk about a change! Keep up the good work, Zonya."

- Fort Branch, IN.

▢ "Zonya's presentation was larger than life, full of charisma and energy. Everyone took what Zonya had to say to heart and kept referring to her presentation the entire next day. We offered Zonya's book, *Lickety-Split Meals* and sold out all copies. Again, attesting to the fact that her messages on healthy eating in a fast-paced world were well received."

- Sheri Hord, Manager, Learning & Education, PriceWaterhouseCoopers, Toronto, Ontario.