



CAPITOL CITY SPEAKERS BUREAU

We help you thrill your audience!



Zonya Foco, RD, CHFI, CSP

Travels from: Michigan

Fee Range: \$5,001 - \$7,500

Zonya Foco, America's Nutrition Leader, is on a mission to win the war on obesity, diabetes and heart disease. Her easy humor and dynamic style drive home the message that, when it comes to health and nutrition, each of us can change our lives with The Power of One Good Habit. As a teen who saw her own weight bounce up and down, ending each diet at a higher number on the scale, she is now motivating people everywhere with a common-sense approach to healthy eating through her TV show, "Zonya's Health Bites," her popular cookbook, *Lickety-Split Meals for Health Conscious People on the Go* and her newest book, a co-authored health novel titled *Water with Lemon*.

As 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, her boundless energy inspires audiences across North America to stop dieting and start living the healthy life they deserve.

Before launching her speaking, writing and publishing career in 1994, Zonya received her bachelor's degree from Eastern Michigan University and then worked for eight years as a clinical nutritionist for the Michigan Heart and Vascular Institute at St. Joseph Mercy Hospital in Ann Arbor. It is from these clients that she discovered the need for a "countertop coach" cookbook and in 1998 wrote *Lickety Split Meals for Health Conscious People on the Go*, filled with easy recipes and healthy tips for everyday families.

In 2005, "Zonya's Health Bites" began making converts to healthy eating across the nation. This 30-minute program airing on public television incorporates smart grocery shopping and lively cooking segments with practical exercise, and is peppered with quick "bites" of information on topics from kid-friendly veggies to heart-smart snacks.

Zonya uses humor, hard facts and common sense to help people of all ages incorporate healthy habits into their busy lives. Because she's committed to the idea that small, simple steps are the key to long-term lifestyle changes, Zonya stresses consistency over intensity when it comes to nutrition and fitness.

In addition to spreading the word through her own books and TV show, Zonya has appeared on ABC, NBC and CBS, and has been published in the popular magazines *Prevention*, *Today's Dietitian*, *Total Health* and *Fast and Healthy Cooking*.

Most Requested Programs...

- The Power of One Good Habit
- Fight Cancer With Your Fork
- Finding Your Way through the Diet Jungle
- Excelling at Your Career Without Undermining Your Health
- Achieving Your Maximum Energy Potential
- Tackling Childhood Obesity
- Eating Right on the Run