



CAPITOL CITY SPEAKERS BUREAU

We help you thrill your audience!



Sonya Jones

Travels from: Illinois

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

Sonya Jones captured the attention and hearts of viewers with her upbeat attitude and dedication to succeed during her tenure in Season 16 of NBC's TV show *The Biggest Loser*. Sonya was the only female finalist in the show's 16th season.

Before becoming a contestant on the show, Sonya admits that she struggled with self-worth and self-confidence. She had been overweight her entire life and was determined to make a change. As an elementary physical education teacher, Sonya knew she should be the model of health and fitness. Instead Sonya stood on the scale feeling embarrassed and like a hypocrite at 283 pounds in June 2014. Six months later Jones stepped onto the scale and into the hearts of millions of Americans as she dropped a whopping 144 pounds and had lost 50.88% of her body weight.

Sonya Jones earned a Bachelor of Science in Physical Education at Greenville College in Greenville, IL. She was a two-time Collegiate All-American in fastpitch softball as well as a semi-professional athlete. She also earned Master's Degrees in Educational Leadership and Educational Administration from the University of Illinois at Springfield. Sonya is an Outreach Representative for HSHS Medical Group and is a certified speaker with the John Maxwell Team.

Most Requested Programs...

- Biggest Loser and Beyond
- Why Not You?
- All In
- Beautiful Things (*Religious*)
- OH HEY, GIRL, HEY!!!! (*Non-Religious*)
- Join the Journey
- Lessons from a Loser
- Leading vs. Being Out on a Walk