



# CAPITOL CITY SPEAKERS BUREAU

*We help you thrill your audience!*

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## Zonya Foco, RD, CHFI, CSP

*Travels from:* Michigan

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

As America's Nutrition Leader, Zonya 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.

In addition to spreading the word through speaking platform, books and TV show, Zonya has appeared on local newscasts across the country, nationally syndicated daytime talk shows and QVC. She has been published in the popular magazines *Prevention*, *Today's Dietitian*, *Total Health* and *Fast and Healthy Cooking*.

### ***Most Requested Programs...***

- Conviction over Convenience: Staying Healthy in a Culture That's ANYTHING BUT!
- The Power of One Good Habit
- 8 Habits that Will Change Your Life
- Surefire Solutions for De-stressing and Balancing Your Life
- Fit Families for Life
- Fight Cancer with Your Fork
- The Top Nutrition Problems Facing Our Kids Today
- Finding Fitness in You with "E" Harmony