



# CAPITOL CITY SPEAKERS BUREAU

*We help you thrill your audience!*

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## Zonya Foco, RD, CHFI

*Travels from:* Michigan

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

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America's Nutrition Leader, Zonya Foco, 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 best-selling cookbook, *Lickety-Split Meals for Health Conscious People on the Go* and her newest book, a health novel titled *Water with Lemon*. She is also the only Registered Dietitian and Certified Health and Fitness Instructor in the country to have earned the prestigious Certified Speaking Professional designation.

Nobody motivates an audience more about the benefits of smart nutrition, everyday exercise and common-sense core habits than Zonya. Her boundless energy, visual humor, and hard facts resonate with men, women... and even children. She inspires, entertains and drives home the message that, when it comes to health and nutrition, one good habit after the other packs a lot of power for positive change.

### *Most Requested Programs...*

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

