

## ZONYA VIDEO CLIPS

Choose from 100 titles to create your own collection or call for a suggested package, 517-467-6995.

### Perfecting Your Pantry: A to Zonya

#### 15 clips

*Straight from Zonya's kitchen, simple ways to stock your kitchen smarter, so you and your family can dodge obesity, diabetes, heart disease and cancer.*

1. **Seven Fruits and Veggies a Day** 3:09  
What does eating SEVEN servings of fruit and vegetables a day look like? From meals to snacks, you'll see for yourself that accomplishing this is easier than you think!
2. **Boost Your Brain with Smart Fat** 2:05  
Discover simple ways to boost your brain with "good for you" omega-3 fat choices.
3. **Eat Breakfast, Lose Weight!** 1:12  
Find out why skipping breakfast actually makes you gain weight, and what a metabolism boosting breakfast looks like.
4. **Eat Smart and Save Money with BEANS** 1:30  
Discover how cooked dried beans can lower your cholesterol, provide lots of protein, and save you money while giving your overall health a boost, plus numerous ideas for including these dynamos four times a week.
5. **How Much Produce Should I Buy Each Week?** 3:00  
You'll see how much is enough, without being TOO MUCH, plus tips on how to afford it!
6. **How to Pick Cereal** 2:04  
Don't be duped into eating a bowl of dessert for breakfast! Learn the two nutrition facts to zero in on in order to keep your energy high all morning long.
7. **How to Pick Citrus, Apples, Pears and Bananas** 2:00  
Hate dry apples and oranges, rotten bananas and pears? These tips will help you prevent waste and get the tasty fruit you need, each and every week!
8. **How to Pick Melons, Pineapple and Berries** 2:02  
There's nothing worse than spending your money on bad fruit. Here's how to not let that happen!
9. **How to Slice a Mango** 2:42  
Learn how to tell when this nutritional superstar is ripe, and how to slice it into a "mango porcupine" so it can be easily enjoyed as is, or cubed into a salsa or salad.
10. **How to Slice an Avocado** 2:20  
Cut into your avocado when it's too green or overly ripe, and chances are, you won't be buying another one anytime soon. So, when are they ripe? And how do you cut into one? Once you know, you'll be hooked on avocados!
11. **How to Store Broccoli, Cauliflower & Tomatoes** 2:21  
Do you avoid buying fresh produce because it rots in your crisper? Perhaps you just need to know a few tricks for selection and storage!
12. **Lettuce Longevity** 2:18  
Is it possible to make lettuce last 2 weeks in your fridge? The storage tips you need so you never throw lettuce out again!
13. **Soda Weight** 1:52  
See how quickly 30 teaspoons of sugar a day racks up to 20 cups of sugar a month! Change your beverage habits and dodge diabetes while you save yourself a wad of cash too!
14. **Stop Mindless Eating** 1:44  
Discover 3 ways to nix this pesky habit which can otherwise pack on 22 pounds in a year!
15. **Why Whole Grains?** 2:49  
Discover the true difference between refined and whole grains, and the variety of ways that you can capture whole-grain goodness all day long.

### Seinfeld-Style Speaking Clips

#### 29 clips

*Inspirational clips from a variety of Zonya's live speaking presentations sandwiched with a personal message at the beginning and end, challenging you to make a change this very week.*

1. **ADD/ADHD Color Guard** 1:49  
Decide if eliminating artificial food colorings and choosing a clean, wholesome diet is the first defense against attention deficit disorders.
2. **BETTER than Chocolate?** 2:34  
Instead of reaching for chocolate, discover a new "go-to" comfort for managing stress.
3. **Bread or Dessert** 2:22  
Adopt this simple habit that can make a BIG fat difference.
4. **Burn Calories in Your Sleep** 2:08  
Get inspired to gain healthy muscle mass for an unstoppable metabolism.
5. **Butter or Margarine?** 2:29  
Discover the third choice that's better than either.
6. **Cancer Weapons** 2:06  
Discover why reducing processed meat from your diet can reduce your risk of cancer.
7. **Cereal Aisle Secrets** 1:51  
Learn what two important ingredients in your cereal will give you a cleaner colon and reduce your risk of cancer and diverticular disease.
8. **Conquer the Beverage Beast** 2:15  
Find out how drinking just one less can of soda a day for a year can change your life.
9. **End Evening Snacking** 2:09  
Explore creative ways to conquer evening snacking so it's liberating and not confining—and drop 30 pounds!
10. **End Mindless Eating** 1:29  
Try this simple solution for combating mindless eating.
11. **Food for Comfort** 2:12  
Relearn old comfort cues by replacing unhealthy food rewards with healthy non-food strategies.

- 12. Insulin Overload** 2:03  
Decrease your risk of type 2 diabetes simply by changing what you drink.
- 13. Is “Exercise” Your Middle Name?** 2:23  
Find out how to make exercise a natural commitment so you never miss an opportunity to move.
- 14. It’s Who You Are When You Eat** 2:02  
Find out why and how to dial down cortisol—the fat packer.
- 15. Lifestyle Paradigm Shift** 2:15  
Take the first step in winning the war on obesity by being open to new ways of doing things.
- 16. Light on Your Feet** 2:02  
Learn how eating until “no longer hungry” instead of “full” makes all the difference.
- 17. Magical Beans/Healthy Heart** 2:15  
Sop up nasty cholesterol by adding “cholesterol sponges” to your diet—and reduce your risk of heart disease by nearly 20%!
- 18. Make Exercise FUN!** 2:10  
Be so inspired by your fitness routine that it becomes your next vacation.
- 19. Muscle Up!** 1:38  
Get an inspirational shot in the arm to begin your resistance exercise routine—starting today.
- 20. No-Gimmick Weight Loss!** 1:53  
Adopting this commonsense habit will not only make you shrink, but sleep better too.
- 21. Personal Portion Coach** 2:16  
No more weighing and measuring food. Simply dial into your internal “fuel gauge” and drop 40 pounds this year.
- 22. Pizza Night** 1:44  
Learn the secrets to enjoying pizza night, healthfully.
- 23. Prostate Cancer Defense** 1:43  
Discover how lightening your saturated fat choices yield a whopping payoff of reduced risk for prostate cancer.
- 24. Save 25 Cups of Fat!** 2:08  
Remove a giant bowlful of fat with these three simple food swaps.
- 25. Stress-Busting Plan** 1:45  
Discover three non-food strategies to help you conquer stress.
- 26. Swap Plates and Lose Weight!** 2:13  
Melt away 30 pounds in a year by following this simple tip.
- 27. Sweet Craving Cure** 2:18  
Say “good-bye” to uncontrollable sweet cravings.
- 28. Use It or Lose It!** 1:54  
Be inspired to ramp up your resistance exercises for healthy muscles at any age.
- 29. Your Fitness Love** 2:42  
Be curious and courageous to find your fitness love that loves you back.

## Moving Into Fitness

### 13 clips

*Zonya teams up with physical therapist and movement training expert Sherry McLaughlin, who will lead you through pain-relieving and core-strengthening moves for every part of the body!*

- 1. Better Balance** 3:13  
Take your own “symmetry” test, followed by two simple strategies to improve how your body functions.

- 2. Carpal Tunnel Relief** 3:00  
Take the test to find out if you have too much wrist tension from working at your computer—and get immediate relief.
- 3. Eliminate Trips and Falls** 2:38  
Don’t be a “trip and fall injury statistic.” Protect yourself with three simple exercises.
- 4. End Shoulder Pain** 2:33  
Eliminate shoulder pain at any age with three simple exercises you can do at home.
- 5. Lower Blood Pressure with Indoor Aerobics** 3:23  
Drop your blood pressure with fun indoor moves anyone can do.
- 6. My Aching Back No More!** 2:32  
Learn two simple daily exercises you can do to relieve back pain in less than two weeks.
- 7. Relieve Tension Headaches** 2:53  
Strengthen and stabilize shoulder blades for headache relief with three easy exercises you can do at your desk.
- 8. The “Core” for Stability** 2:28  
Learn three key exercises to improve your core (abdominal and back) strength.
- 9. Two Moves to Boost Metabolism** 2:42  
Learn two simple moves you can do while watching TV to boost metabolism, while eliminating back and knee pain.
- 10. 2 ½ Minute Workout** 3:17  
Get a full-body workout in just two and a half minutes!
- 11. Wake Up Your Abs!** 2:31  
Improve the strength of your stomach without ever doing a sit up.
- 12. Walk Pain Free** 2:30  
Follow three unique exercises for a pain-free walking program.
- 13. Warming Up for Everyday Life** 3:34  
Make each day injury free with this simple morning routine to warm up hips, ankles and upper body.

## Great Grocery Picks

### 16 clips

*Here’s your chance to take a stroll with Zonya down every aisle of the grocery store. You’ll be amazed at what you’ll learn in each section, and glad to never be deceived again!*

- 1. Bacon and Sausage** 3:03  
Find out how to decode nutrition labels accurately so the right choices land in your grocery cart.
- 2. Breakfast Meats** 3:27  
How to find the best choices in the meat section of the grocery store.
- 3. Canned Fish** 2:58  
The pros and cons of eating canned fish.
- 4. Canned Fruit** 3:32  
A review of the choices in the canned fruit aisle – great for when your fruit bowl is on “E.”
- 5. Chips** 2:01  
Uncover the label-reading secrets that will help you enjoy chips, healthfully.
- 6. Deli** 3:04  
Learn what to pick and what to pass at the deli counter for time-saving and nutritious choices.

- |  |      |   |      |
|--|------|---|------|
| <b>7. Fish</b>   | 2:28 | <b>8. Crock-Pot Fajitas</b>   | 3:46 |
| Easy ways to assure your family eats omega 3-rich fish at least twice a week while dodging mercury.                                    |      | Choose chicken, beef, or meatless - these fajitas are a family favorite.  |      |
| <b>8. Fresh Veggies</b>  | 2:44 | <b>9. Easiest Stir-fry Ever</b>   | 4:20 |
| Learn how to liven up your grocery cart with the right amount of disease-fighting fresh produce your family needs each and every week. |      | Looking for a "Stir-Fry for Dummies?" Here you go!  |      |
| <b>9. Frozen Veggies</b>   | 2:18 | <b>10. Flaming Bananas Foster</b>   | 3:27 |
| Stock your freezer with washed and chopped nutrition dynamos for quick and healthy meals any day of the week.                          |      | It's an absolute favorite dessert for entertaining. Talk about fun, fast, tasty and impressive!                           |      |
| <b>10. Healthy Budget</b>  | 2:53 | <b>11. Guiltless Nachos Supreme</b>   | 3:38 |
| Your grocery guide to eating right when the budget is tight.   |      | Here's a favorite Friday night "veg-out" dinner.  |      |
| <b>11. Hot Dog</b>   | 2:45 | <b>12. Gypsy Stew</b>   | 4:41 |
| Are turkey hot dogs always a better choice? Are sodium nitrates a problem? Find out how to make the healthiest "dog" choice.           |      | Choose from chicken, pork or go meatless. The sweet potatoes and Spanish flavors in this main dish are terrific together. |      |
| <b>12. Red Meat</b>  | 2:56 | <b>13. Herb Lentils with Rice</b>   | 3:49 |
| Enjoy smart red meat choices twice a week by following three simple points.  |      | If lentils aren't a favorite of yours YET, give this recipe a try.  |      |
| <b>13. Rice</b>  | 2:54 | <b>14. Jack in the Pumpkin</b>  | 3:59 |
| The difference between brown and white rice is huge. Find out why.   |      | This delicious and hearty Mexican style dish is baked in a hollowed-out pumpkin.  |      |
| <b>14. Salad Dressing Guide</b>  | 2:26 | <b>15. Lentil Spinach Soup</b>  | 3:55 |
| Learn the most important "caution ingredient" when buying salad dressings.   |      | You'll love this refreshing, easy-to-make soup any time of the year, including summer.                                    |      |
| <b>15. Spices</b>  | 2:32 | <b>16. Mediterranean Rollups</b>  | 3:36 |
| Spice up your meals - it's easy... and fast too!   |      | You'll never say, "Where's the meat?" when eating this delicious super-fast vegetarian sandwich.                          |      |
| <b>16. Yogurt</b>  | 3:10 | 17. Nana Bread  | 4:10 |
| What's the skinny on yogurt? Zonya dishes up the answers in the yogurt aisle.  |      | In this moist and sweet recipe, mashed bananas completely replace the shortening or margarine.                            |      |

## Lickety-Split Cooking

### 28 clips

*From the set of her public television show, Zonya shows you how to make family favorite meals and desserts the "healthy way" with nutrition tips and tricks throughout.*

- |   |      |   |      |
|---|------|---|------|
| <b>1. Almond Chicken Salad</b>  | 3:48 | <b>19. Roasted Butternut Squash</b>   | 3:43 |
| This makes a very special luncheon dish served in half of a cantaloupe.                     |      | A delicious - and colorful! - side dish prepared with wilted greens, dried cranberries, and pecans. |      |
| <b>2. Beef Stroganoff</b>   | 4:23 | <b>20. Salmon Burgers</b>   | 3:22 |
| It's hard to believe this delicious, down-home creamy meal finds a place on a healthy menu! |      | A simple and tasty way to eat salmon, which is so good for you.                                     |      |
| <b>3. Blueberry Buckle</b>  | 4:12 | <b>21. Salmon Marsala</b>   | 4:32 |
| A super easy-to-make and delicious dessert that, amazingly, contains no fat.                |      | This is worth the extra effort to buy Marsala wine. You'll think you're eating restaurant food!     |      |
| <b>4. Chili Cornbread Pie</b>   | 3:35 | <b>22. Scrambled Greek Florentine</b>   | 4:24 |
| A simple one-dish meal that will make your kitchen smell awesome!                           |      | Veggies for breakfast! Great way to start the day!  |      |
| <b>5. Chocolate Chip Bar Cookie</b>   | 3:32 | <b>23. Scrumptious Swiss Oats</b>   | 3:42 |
| This sweet treat uses instant pudding and applesauce to replace shortening.                 |      | This recipe saves time on the morning rush and is perfect for overnight guests.                     |      |
| <b>6. Chocolate No Bakes</b>  | 2:09 | <b>24. Simple Baked Chicken and Rice</b>  | 3:33 |
| The same wonderful cookie from childhood using no margarine and half the sugar.             |      | Got 10 minutes? That's all it takes to get this tasty favorite in the oven.                         |      |
| <b>7. Cocoa Lava Kisses</b>   | 3:36 | <b>25. Smoothies</b>  | 2:03 |
| These heavenly clouds of sweet chocolate work great to take care of any chocolate craving.  |      | These nutrition-packed drinks are very dessert-like. Kids and adults love them!                     |      |
|   |      | <b>26. Spinach Veal Roll</b>  | 4:30 |
|   |      | This is an intriguing dish that is excellent for company or any day.                                |      |
|   |      | <b>27. Turkey Roll Ups</b>  | 3:28 |
|   |      | A great way to get a meal on the run!   |      |
|   |      | <b>28. Zucchini Bread</b>   | 2:33 |
|   |      | Toss out that old recipe that called for 1 cup of oil, because now you have a much healthier one!   |      |