



## Live and Virtual Speaking Topics

### How to Turn Around the Quarantine 15

If quarantine has left you “chunky” instead of “hunky” and you're ready to turn this train around, then join America's Nutrition Leader Zonya Foco, RDN, as she shares her top three personal weight loss tips that WILL show a difference on the scale in 72 hours!

### A Leader's Guide to Energy, Health, Focus and Productivity

Self-maintenance - the way we eat, drink, sleep and exercise – greatly affects productivity and career success. Learn to be deliberate about your health and stress management with realistic, can-do solutions that produce measurable results.

### How Greens Fight the Blues

Upgrading your nutritional status can improve your mood and help you cope with stress - something we're all dealing with these days. Discover simple, achievable food swap-outs that are tasty, affordable and that science confirms make a true difference in how you feel.

### How to Get Motivated and *STAY* Motivated to Exercise

Join Zonya for this off the charts inspirational session that will spell out the easiest steps to getting yourself unstoppably into the groove! You'll turn exercise from "have to" into "GET TO!" so you can double your energy, surprise your doctor, and look and feel your best!

### Hot Topics in Nutrition

Few topics are more confusing than that of what to eat! Join Celebrity Nutritionist Zonya Foco as she shares in rapid-fire fashion, the pros, cons and bottom-line on everything hot in nutrition. You'll kick confusion to the curb and leave this session feeling confident to feed yourself and your family the best fuel for life!

### Five Speedy Meals You Can Make **THIS WEEK** That will **TURN** Your Health Around

Gain control of your health by putting the most delicious meals on the table in MINUTES! Learn to turn your kitchen into a [healthy!] fast food lane with Zonya's food network-quality cooking illustrations of five quick meals you'll be "chomping at the bit" to make. Recipes and grocery lists provided.

### Diet Smack-Down

Our media-cluttered, pro-fad-diet world requires skills to navigate the scene. This session will show you how to maximize a life-enhancing diet that works for you and your family, simply and realistically, long term.

Zonya Foco, RDN, Professional Speaker, Nutritionist, Author, TV Host [www.Zonya.com](http://www.Zonya.com)





## **YOU CAN DO IT: Tame Your Sweet Tooth**

Zonya uncovers just where refined sugar weasels its way into an otherwise healthy diet, and simple steps for stopping it in its tracks. You'll see what a healthy day of meals with a moderate amount of natural sweetness looks like, so you can be a "master of moderation" once and for all.

## **Staying Healthy in a Culture that's ANYTHING BUT!**

From simple strategies that re-wire the brain for healthier food preferences to capturing the power of "community" for lasting lifestyle changes, Zonya delivers a compelling plan for embracing a healthy lifestyle "paradigm shift" that marries conviction with convenience.

## **The Power of One Good Habit**

Let America's Nutrition Leader show you how the tiniest, painless habits, when done daily, can add up to a huge change in the way you look and feel. Without dieting or deprivation, you can rev up your metabolism, drop your blood pressure, lose 50 pounds or take 50 points off your cholesterol in just one year!

## **Surefire Solutions to De-stress and Balance Life!**

If you're too busy, too tired and too stressed, it's time you learned how to dial down the stress hormones that plague and age you. Zonya will present nutrition know-how for the too busy, surefire solutions for getting the restorative sleep you need, plus how to use music, laughter, positive thoughts and clear communications to truly de-stress and balance your life!

## **Be Good to Your Sweet Heart**

From anti-inflammatory foods to those high in antioxidants, there's so much more to heart health than low-fat and low-cholesterol food. Learn how to integrate heart-healthy habits into a lifestyle the whole family will enjoy. Be good to your sweet heart - after all, it's good to you!

## **Fight Cancer with Your Fork**

What does it take to put your diet 100% on the winning side for fighting cancer? Join Zonya as she walks you through a realistic and tasty approach for "fighting cancer with your fork" that you and your entire family will love!

## **Health Hacks to Beat Diabetes**

Regardless of what you are currently doing, your health can soar with Zonya's refreshing approach to managing diabetes. Without strict dieting or deprivation, you can slash soaring blood sugars, lipid levels and unwanted pounds.