



Press Release
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***America's Nutrition Leader* brings
"DIET FREE with ZONYA FOCO, RD" to Public Television**

A master of inspiration, motivation and visual humor, Zonya Foco leads audiences in their quest for a healthy lifestyle with her eight DIET FREE habits.

MOUNT PLEASANT, MI (Dec. 2009)—As *America's Nutrition Leader*, Zonya Foco knows that the war on obesity, heart disease and type 2 diabetes cannot be won with structured "diets" that don't fit into our real lives. A self-described health and wellness zealot, Zonya uses visual humor, audience participation and eight commonsense habits to lead people to a healthy, DIET FREE lifestyle in this special program for public television stations nationwide beginning March 2010. (check local listings)

In **DIET FREE with ZONYA FOCO, RD**, she pulls out all the stops, delivering equal parts entertainment and education all the way. If you're expecting a lecture-style presentation from this "energizer health bunny"—DON'T! From a "running race" with the audience to "homemade donuts" made on stage, Zonya is in high gear from the minute her feet hit the platform to her final bow.

“Most of us recognize our own eating faux pas,” says Zonya. “We just don’t know the right way to address them. So instead of pointing a shame-on-you finger, I choose to make people laugh at our bad habits and discover the joy in adopting new, healthier habits. When people realize how much a small change here and another change there can add up, there’s this ‘can do’ light that goes on. People know they can follow this program and find success because these habits are practical and meant for *real* life. The habits are adopted to *fit* into your individual life without *intruding* into your life. That’s what makes this **DIET FREE.**”

“In a country where two out of three Americans are overweight and a multi-billion-dollar weight-loss industry flourishes, this type of programming is critical to Americans,” said Linda Dielman, programming and outreach manager for Central Michigan University Public Television, presenting station for **DIET FREE with ZONYA FOCO, RD.**

“Like many health professionals, I know that the adverse effects of poor health and obesity-related diseases **can be reversed** when people are willing to change their habits. I also know that structured diets make us feel deprived when we’re on them and guilty when we fall off,” said Zonya.

DIET FREE with ZONYA FOCO, RD provides important nutrition and exercise lessons for all—whether you want to lose 10 pounds or 100 pounds, improve your energy, lower your cholesterol, blood sugar or blood pressure, or simply have optimum health. After adopting these eight habits, Zonya says you will:

1. Eat the right food in the right amount everyday without feeling deprived or ever “being on a diet.”
2. Go to bed each night knowing you had the right amount of calories, protein, fiber, fat and carbs—without tedious measuring and counting.
3. Discover that exercise becomes what you want to do, not what you have to do.

Public television viewers may recognize Zonya and her trademark “edutaining” nutrition lessons from her TV show, “Zonya’s Health Bites.” Distributed nationally by American Public Television (APT) since April 2005, this 30-minute weekly series incorporates smart grocery shopping and lively cooking segments with everyday fitness and “junior” bites for healthy kids. Twenty-six episodes of “Zonya’s Health Bites” are still available to public television stations nationwide.

Zonya’s passion for fighting obesity, diabetes and heart disease was born out of her own struggle with weight. Even after graduating from college with a degree in nutrition, she was 20 pounds overweight – the result of her own poor eating habits. “I discovered that it really comes down to how we use our grocery cart each week,” said Zonya. “The core issues are what’s in your kitchen and what are your snacking and exercise habits.”

Zonya Foco is the only Registered Dietitian (RD) and Certified Health and Fitness Instructor (CHF) in the country to have earned the prestigious Certified Speaking Professional (CSP) designation. Zonya is host of “Zonya’s Health Bites” on national public television, author of *DIET FREE—The Eight Habits That Will Change Your Life* healthy lifestyle program, co-author of the DIET FREE novel, *Water with Lemon*, and author of *Lickety-Split Meals* and *Lickety-Split Diabetic Meals* cookbooks.

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.

Before launching her professional speaking and writing career, Zonya worked for eight years as a clinical nutritionist for the Michigan Heart and Vascular Institute of St. Joseph Mercy Hospital in Ann Arbor, MI.

The **DIET FREE with ZONYA FOCO, RD** program DVD will be available exclusively to public television viewers. A complete DVD set of **DIET FREE—The Eight Habits That Will Change Your Life Video Seminars** plus *DIET FREE Lifestyle Guide, Habit Tracker* and DIET FREE novel, *Water with Lemon* will also be available to public television viewers as thank-you premiums for their pledges, as well as available to the general public.

DIET FREE with ZONYA FOCO, RD is produced by Zonya Health International and supported through educational funding from Eden Foods. Learn more about both at www.Zonya.com and www.EdenFoods.com

The Eight DIET FREE Habits:

Drink water... and think before you drink anything else.

Include breakfast... and stop eating two to three hours before bedtime.

Eat often... and include a fruit or vegetable each time.

Tame your sweet tooth... and naturally eat as little sugar as possible.

Find the fat... and know the good, the bad and the ugly.

Replace processed food with wholesome... and shop natural, close-to-the-farm.

Eat until no longer hungry... and stop the lead-filled beach ball!

Every day exercise... and make it your middle name.

About American Public Television

American Public Television (APT) has been a leading distributor of high-quality, top-rated programming to America's public television stations since 1961. Among its 300 new program titles per year are prominent documentaries, dramatic series, how-to programs, children's series and classic movies, including *Spain...on the road Again*, *Rick Steves' Europe*, *Worldfocus*, *Globe Trekker*, *Simply Ming*, *America's Test Kitchen From Cook's Illustrated*, *Lidia's Family Table*, *P. Allen Smith's Garden Home*, *Murdoch Mysteries*, *Doc Martin*, *Rosemary and Thyme*, *Johnny Cash at Folsom Prison*, *Liza's at the Palace...* and *John Denver: The Wildlife Concert*. APT also licenses programs internationally through its APT Worldwide service. In 2006, APT launched Create™ – the TV channel featuring the best of public television's lifestyle programming. For more information about APT's programs and services, visit APTonline.org.