



Biography

Zonya Foco, RD, CHFI, CSP

As America's Nutrition Leader, Zonya is a master of inspiration, motivation and visual humor, providing high energy presentations crossed with low maintenance solutions that help everyday people improve health, create balance and maximize energy.

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, video seminars and TV show - delivering equal parts entertainment and education all the way. Zonya helps people laugh at their bad habits and break down the barriers that turn knowing into doing.

In fact, she has identified eight core habits that create the acronym DIET FREE, published in her co-authored DIET FREE novel, *Water with Lemon*. In 2010, Zonya launched her DIET FREE video seminar lifestyle program for individuals and worksite wellness programs, and produced the two-hour *DIET FREE with Zonya Foco, RD* TV program aired on national public television. Zonya has also hosted a weekly television series, *Zonya's Health Bites*, on national public television.

She has collaborated with Health Alliance Plan (HAP) of Michigan to develop and present its distinguished 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.

Zonya received her bachelor's degree from Eastern Michigan University in 1987 and then worked as a clinical nutritionist for the Michigan Heart and Vascular Institute at St. Joseph Mercy Hospital in Ann Arbor. It is from these clients that she discovered the need for a "countertop coach" cookbook and in 1998 wrote *Lickety-Split Meals for Health Conscious People on the Go*, filled with easy recipes and healthy tips for everyday families. In 2008, Zonya reworked the recipes and tips and created *Lickety-Split Diabetic Meals* (published by American Diabetes Association) to help those with diabetes in their quest for a healthier, happier life.

In addition to spreading the word through her speaking platform, books, TV show and wellness program, 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 recently, Zonya has partnered to bring EatRealAmerica.com to individuals and worksites as inspiration to "replace processed food with wholesome" by featuring recipes, tutorials and coaching all focused on real food ingredients.

