



Excelling at Your Career without Undermining Your Health

Zonya Foco, RD, CHFI, CSP



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How you eat directly affects your energy level, stamina, productivity, and resistance to disease. But a demanding career and hectic family life can crowd out the opportunity to exercise regularly and eat right on the run. Zonya shares simple things that you can do to sneak in exercise and consume foods that work like high-octane fuel to increase your energy and thinking ability. Get the competitive edge with desk drawer delights and healthy brief case bites for the ultimate in speed feed when there's no time to spare. Get the inside information about dashboard dining and restaurant survival. Learn to eat smart and make healthy choices anytime, anywhere, so you can be your best possible self, at work and at home.

Zonya Foco, America's Nutrition Leader, 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.

Before launching her speaking, writing and publishing career in 1994, Zonya received her bachelor's degree from Eastern Michigan University and then worked for eight years as a clinical nutritionist for the Michigan Heart and Vascular Institute at St. Joseph Mercy Hospital in Ann Arbor, Michigan. 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. Her newest book is a health novel titled Water with Lemon.

"Zonya's Health Bites" which airs on PBS, incorporates smart grocery shopping and lively cooking segments with practical exercise, and is peppered with quick "bites" of information on topics from kid-friendly veggies to heart-smart snacks. Viewer response leaves no doubt that Zonya's enthusiasm and ability to connect with an audience are motivating thousands of people to put "The Power of One Good Habit" to work for them. In addition to spreading the word through her own books and TV show, Zonya has appeared on ABC, NBC and CBS, and has been published in the popular magazines Health, Prevention, Today's Dietitian, Total Health, Fast and Healthy Cooking, and Shape.

Wednesday, January 10, 2007

Main Campus:

8:00 am Breakfast reception

8:30 am President's comments

9:00 am 10:00 am Keynote

Dart Auditorium

West Campus:

3:30 pm Snacks/ reception

4:00pm - 5:00 pm Keynote

West Campus Auditorium

Learn more about Zonya Foco at: <http://zonya.com>



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