

**DIET FREE**  
The Eight Habits That Will Change Your Life

Learn more about Zonya and DIET FREE at [www.Zonya.com](http://www.Zonya.com)

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As America's Nutrition Leader, Zonya Foco, RD, CHFI, CSP, 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. Rather, we need healthy, *doable* habits that, over time, change our lifestyle and make good nutrition and fitness who we are every day. Zonya's high energy and visual humor will coach you through each of her eight DIET FREE habits with inspiring video seminars and DIET FREE companion materials.

*It's time to ditch the diet mentality and discover your healthy lifestyle—FOREVER!*

**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.

Individual results may vary

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Lose Weight and Master Your Health—  
For Life!

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*Lifestyle Program*

**ZONYA FOCO, RD, CHFI, CSP**  
AMERICA'S NUTRITION LEADER

AS SEEN ON TV

Lose Weight and Master Your Health—  
For Life!