



About Debi Silber, MS, RD, WHC, aka The Mojo Coach®

Debi Silber is known as “The Mojo Coach” because for twenty years, she's inspired unfit, overweight and overwhelmed moms to “get their mojo back” through gradual lifestyle change. A registered dietitian with a master's degree in Nutrition, Debi is also a seasoned personal trainer and Whole Health Coach.

But it wasn't always that way for Debi. Unmanaged chronic stress, toxic relationships and a bad case of trying to be “supermom” caused physical, emotional and mental wear and tear, leaving Debi with illness, pain and disease. She took control of her chaotic lifestyle and as a result went from illness to health, pain to pain free living, misery to joy- and became a better role model to her four children.

She is the owner of Lifestyle Fitness, Inc., a company created solely for busy moms eager for better health, fitness, wellness and happiness.

Debi is also the author of two books: *The Lifestyle Fitness Program: A Six Part Plan So Every Mom Can Look, Feel and Live Her Best* (recommended by *Parenting Magazine*) and *From Mom To Wow: Your Ultimate Body, Mind and Life Makeover Guide*.

A featured expert on numerous websites, Debi is also a popular radio guest, has her own internet TV show, has been featured in books about successful “mompreneurs” and is quoted regularly in print and online magazines.

Four things you may not know about Debi:

- Her motto is: Nothing really good, comes easy. Anything worthwhile takes effort but it's so worth it.
- In order to earn money to buy her first car, she roller skated to her job as a waitress wearing her white uniform and black apron, using her skates with the hot pink wheels.
- She would rather do anything else than shop for clothes.
- She was a DJ, an emcee at weddings and wrote jingles for a gospel radio station.