



## Need an Expert?

The Mojo Coach®, Debi Silber can speak on a variety of topics, including:

- Nutrition and Lasting Weight Control
- Diets - and Why They Cause Weight Gain
- Why diet and exercise aren't enough - 6 things every mom needs to know
- How stress causes aging, weight gain, illness and disease
- Tips to avoid holiday, party or vacation weight gain
- The 4 powerful triggers that cause weight gain
- Healthy living strategies for the busy mom
- Using your “fitness personality” to create the perfect workout for you
- Becoming fit, lean, healthy and happy through gradual lifestyle change
- Immediate steps moms can take to “get their mojo back”