



Story Ideas

Why diet and exercise aren't enough. The secret to lasting weight loss, fitness, wellness and happiness Think diet and exercise are enough? Let Debi Silber reveal the 6 areas moms need to work on in order to look, feel and live their best.

Choose to lose. It's not what you put in your mouth...it's what you put in your head!

Some "food for thought." While we think it's what we're eating that's causing our weight issues, Debi will show your audience how it's the who, what, when, where, how and why of your eating that's keeping you overweight and unhappy.

How "fit" is your lifestyle? Tips to avoid weight gain, aging, illness and disease.

Feel frustrated and powerless around food? Is your lifestyle making you unfit, overweight, overwhelmed and unhappy? Let Debi teach you some easy tricks, tips and strategies so you can start living the life you really crave!

Why childhood obesity begins with mom. Moms are busy and want the best for their kids. But more often than not, moms are the ones to flip on the TV for the kids to entertain them as she gets a few tasks done or feeds them unhealthy food as they race from one activity to the next. Let Debi Silber show how mom can make some simple changes to get the family on track...for everyone's sake.

Other ideas include:

- **Ditch the diet - and lose weight for good**
- **Does this stress make me look fat?**
- **Control food cravings, triggers and sabotage**
- **You are what you eat, think, hear, see, do and believe**
- **Tips for dining out, vacations and parties - and staying on track**