

Video Presentation of “The Biggest Loser” Dietitian

Emily Foncesbeck, a registered dietitian for “The Biggest Loser Boot Camp” in Utah, will present proven weight management and nutrition strategies. Ms. Foncesbeck will share short, actionable items to help you eat for health in her presentation, “Eating for Health: 5 Must Do’s.”

This 40-minute session will provide important information and allow you to learn about useful tools to help you make positive and sustainable lifestyle changes to lose weight, keep it off and enjoy a healthier lifestyle.

We care about your health and well-being and know that weight management is a day-to-day struggle.

About Foncesbeck

Emily Foncesbeck's knowledge of food, nutrition and healthy living has been essential in making the "The Biggest Loser" Resort a success.

She is registered with the American Dietetic Association (ADA) and certified for Adult Weight Management through the Commission of Dietetic Registration.

Foncesbeck has contributed to various print and Internet magazines, including The Biggest Loser Resort's blog and newsletter.
