

Yolanda Levy, The Obesity Officer



Accomplished author, health advocate, and wellness coach Yolanda Levy went from arresting criminals to near cardiac arrest. Her fourteen-year career as a police officer ended abruptly following a job-related injury. After a series of complications, she was later diagnosed with Metabolic Syndrome X, a collection of heart disease risk factors that increase your chance of developing heart disease, stroke and diabetes.

“StreetStriding” toward Better Health

Always the fighter and never one to give up, Yolanda sought to regain her health. After seeing a StreetStrider machine on NBC’s popular reality show, “The Biggest Loser,” she became intrigued with the elliptical cross trainer on wheels and purchased one. With the help of the StreetStrider, she lost weight, lowered her blood pressure to a normal range and reversed some of her other health symptoms.

“Eating right and exercise are not complicated issues,” says Yolanda. “We can all achieve success when it comes to improving

our health by making healthier choices on what we eat and how we live our lives.”

With that message in mind, Yolanda has authored eleven books on fitness, diet, psychological well-being and obesity prevention. Some of her bestselling titles include “Journey to a New You,” “Healthy from the Inside Out” and “Our Children’s Obesity.”

From Police Officer to Obesity Officer

Of the many topics Yolanda addresses, obesity is a health concern she knows about firsthand. Her personal struggle with obesity at a young age has been a catalyst for her focus on eradicating obesity in children. In fact, she’s been so passionate about preventing it that she’s affectionately known as the “Obesity Officer.”

She says that it is her mission in life to continue to provide information that will help with preventing obesity in children and adults as well as having an impact on the lives of people around the world.

She has written many articles and columns in consumer health magazines and has been featured on numerous television, radio and internet programs. Known for her engaging speaking style, she is a highly sought after speaker. Attendees leave her lectures and seminars motivated to make a change in their exercise and eating habits in order to have a positive self-image and a better quality of life.

For more information, visit www.yolandalevy.com