

# Jyl Steinback

***“America’s Healthiest Mom”***

*Speaker, Author, Motivator,  
Nutrition Expert and Lifestyle Consultant*



*“I am passionate about helping people to live a lifestyle that improves the quality of their life, but also that of future generations.”*

## ***Jyl Speaks About:***

### Lifestyle Approach to Better Living

- “What’s Eating You”? It’s Not About Food!
- 12 Steps to Taking Control of your Life
- Top 25 Benefits of Incorporating Exercise into Your Daily Routine
- 10 Secrets To Looking & Feeling Absolutely **AWESOME**
- Fill Up To Slim Down
- Healthy Quick And Easy Lifestyle Choices

*Leading Magazine dubbed her family  
“America’s Healthiest Family.”*

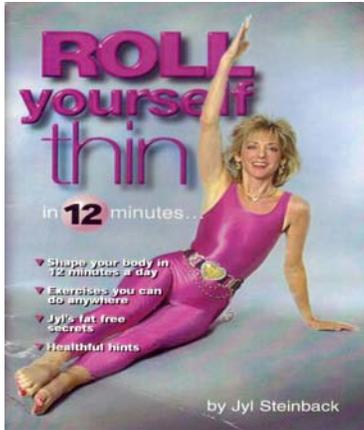
Jyl is a St. Louis native that received her degree in education from Arizona State University. Jyl started providing personal training over 25 years ago targeting those who needed to improve their health because of medical problems. She quickly expanded her focus to families because she realized that many of the diseases and health challenges were associated with healthy eating habits and lifestyle choices made in the home.

## ***Over 2 million Books Sold***

Today, Jyl is a leading industry expert on healthy food, exercise, nutrition and has sold over 2 million books. Her books educate consumers on how to change their lifestyle through proper eating, exercise, and healthy living. She has worked with municipalities and private companies, and designed healthy lifestyle and exercise programs. Elizabeth Arden in Beverly Hills, CA. Golden Door and Maine Chance are a few of the companies that have utilized Jyl’s programs. She has been able to successfully help all the committed participants create changes in their life, lose weight, and become healthier.

Jyl’s programs for eating and exercise are built around today’s lifestyles and focus on make it easy, fast, healthy and delicious. Her program also provides all of the nutritional and exercise values needed to support a healthy lifestyle. Jyl’s approach has created permanent lifestyle changes.

Jyl serves as media advisor to many of the local and national networks. In addition she is a spokesperson for the Arizona Heart Institute, and the National Heart Institute, and selected companies that focus on long-term consumer health.



### Feature Writer

- **Looking Good Now! - Senior Editor**
- **HealthyCooking - Expert**
- **First For Women**
- **Family Circle**
- **Income Opportunities**
- **Vegetarian Times**
- **eDiet**

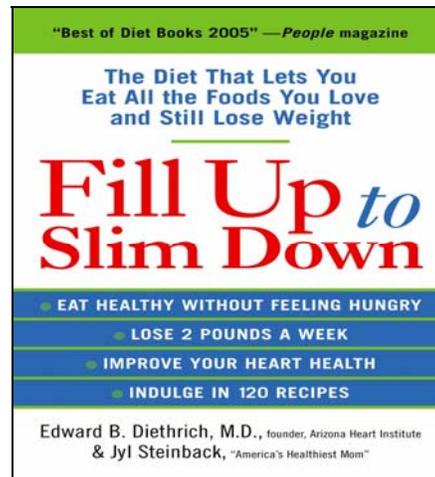
### Featured Expert Guest

- **CNN**
- **Leeza Show**
- **CBS This Morning Show**
- **Weekend Today**
- **Television Food Network**
- **Home & Garden TV**
- **Morning Shows (throughout country)**
- **QVC**

### Accomplishments

- **Author of 15 Lifestyle Books**
- **Industry Leading Lifestyle Motivational Speaker**
- **Developed programs that helped millions of people change their life**
- **National Spokesperson for Healthy Living Products**
- **Designed exercise equipment and training regiments**

*Jyl's latest book "FILL UP TO SLIM DOWN" was one of PEOPLE MAGAZINES top picks for 2005.*



Dear Ms. Steinback:

I greatly appreciated your Healthy Lifestyle Cookbooks. In fact, I have ordered them by the 100's and made them available to my clients. I am very glad your books have been so successful. I know they have helped thousands of people and can help a great many more in the years to come.

Sincerely,  
Daniel S. Kirschenbaum, Ph.D  
Director and Professor  
Northwestern University Medical  
School

"Your dedication to the team and your positive attitude are inspirational!"

Tracey Kiest  
Morning Producer KPNX