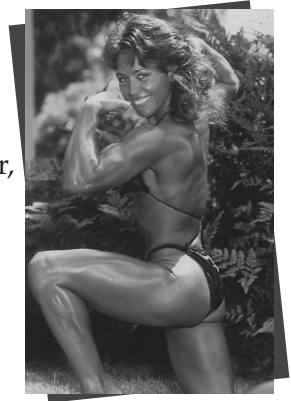


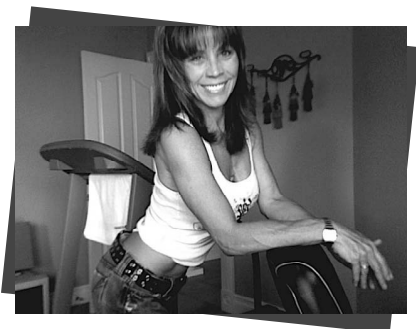
About the Authors

Christine Lakatos, creator of the MY DIVA DIET fat-loss system and workbook, has been involved in the health & fitness industry since 1980, and has been a personal fitness consultant and trainer since 1989. ACE certified since 1995, she has studied scientific back training, program design, Swiss ball training, rehabilitation training, scientific core conditioning, strength training for women, maternal and infant nutrition, childhood and adolescent nutrition, and weight management for teens, plus much more.

Her journey in the field of fitness began in early childhood when she was a "track star", and resumed later as an adult when she became a competitor in both bodybuilding and fitness. It quickly progressed to her becoming a teacher, coaching and helping others to get fit. After retiring as a fitness competitor, her fascination for nutrition became her new mission, and she studied it from every angle possible. As a result of her competition days, her ability to get her own body fat to 6%, and her aptitude to maintain between 12-15% body fat in her adult life



(done naturally, without starving or drugs), she wanted to share this great news with other women. Since 1990 she has shared this knowledge with thousands of her clients, and all who followed the plan not only lost fat but also improved their health dramatically.



Now in her forties, Christine strives to make sure women understand that there is no quick-fix to fat loss, improving health, and increasing longevity, and that dieting to lose weight is not about deprivation. She teaches that the key to fat loss and vibrant health is accomplished through a lifestyle change by means of accountability, discipline and motivation.

MY DIVA DIET • A Woman's Last Diet Book

Her specific goal in developing MY DIVA DIET is to empower women to adopt proper eating habits and effective exercise programs—that will not only help them look better, but will cause them to feel and function better, **challenging them to be better women**—for life! The mother of two wonderful children, Christine knows that you can have low body fat and great health in your youth and adult years, even after having and raising children!

Christine has won titles in many competitions: 1993 Ms. Fitness San Diego, 1990 Ms. Fitness USA—Top 10 finalist, 1990 Steel Rose Championship finalist, and 1989 Ms. San Luis Obispo. She has also made promotional appearances for the health and fitness industry for: Thane Fitness Co., Power Gym, KESQ TV 3 Midday Show, Muscle Mag Video, Joe Weider's Muscle & Fitness camp (counselor), Parillo Performance, Strong & Shapely, and Ironman magazine. She was also an American Gladiators contestant.

Amber Garman has a passion for health, nutrition, and fitness. As a young woman in a wheelchair, she particularly understands that learning about proper nutrition is fundamental to health and well-being. She loves learning about all aspects of the health field, especially cooking, and is always continuing her education in this area. Amber, also an avid exerciser, knows firsthand the value of what a good diet and an exercise program can do for you physically, emotionally, and mentally.



After being paralyzed in a car accident, Amber soon realized her body no longer worked and functioned the same way it had before. With no instruction manual coming with her injury, she began experimenting with all sorts of healthy ingredients, herbs, and ways of cooking and pairing foods. She soon discovered that her body was functioning with ease, had a much higher level of energy, and her overall appearance was brighter and healthier looking. The dramatic difference Amber saw and felt between her new diet and her old diet was and is a substantial lifestyle upgrade.

In finding the beneficial results with changing her diet and adding a stretching and weight-lifting program, Amber would like to make a special note to other handicapped and disabled women about MY DIVA DIET if you are interested in losing weight and gaining health while being handicapped or disabled, this program will work for you. Also, on the other side of the spectrum, are people like Amber, who are trying to gain and maintain their weight—MY DIVA DIET **will** work for you. Having a healthy diet and exercise program is a must for women who are handicapped and disabled—you will never go back to your old eating habits!

It was a perfect match for Amber and her Aunt Christine to write this book together so that these two “health-inspired” people could help inspire others. MY DIVA DIET can help not only women who are able-bodied, but our program can also help disabled women, which is truly important to Amber.

Amber is currently completing an A.A. degree in general studies and continuing independent health research, which she started five years ago. She has participated in and taught special techniques of physical therapy developed by Aaron Mattes, M.S., R.K.T., L.K.T., including Active Isolated Stretching.