



Rich DiGirolamo sees a world where people are not obsessed with weight, but learn how to create a life that fosters a healthy weight through healthy life choices.

Rich has maintained a thirty plus pound weight loss since 1989; but still remembers the pain, glory, successes and failures that go along with it. Throughout all of it he taught himself to celebrate the successes and laugh at the difficult times. This is what he impresses upon audiences.

Rich has been speaking on the topic of weight loss since 1989. He has received the highest awards from an international weight loss organization, has spoken to college and university health and science groups, and has worked with Park and Recreation professionals across the United States to create a healthy living initiative.

He is the author of the book "Yes, You're Fat. I Like You Anyway" and the audio program by the same name. He has written articles and enjoys when people leave comments on his blog <http://heyskinny.blogspot.com>