



TOSCA RENO

Biography

At 40 author Tosca Reno knew she had to change her life. After years of yo-yo dieting – topping the scales at 204 pounds – and stuck in an unhappy marriage, her self-esteem was at an all-time low. But by 41 she had lost all the excess weight, had gotten out of her bad relationship, gone back to school and was on her way to becoming the motivational writer, speaker, and fitness celebrity she is today!

So many people wrote to her through her inspirational column in the popular women's fitness magazine *Oxygen*, asking how she accomplished what she did, that she decided to write a book about it. *The Eat-Clean Diet*® ended up one of the top-selling books of 2007 and is still a bestseller. Thousands of requests from readers convinced Tosca to write *The Eat-Clean Diet Cookbook* next, and that was followed up with a series of books with sales now in the millions. In 2010 Tosca released *Your Best Body Now*, which rocketed her to *New York*

Times bestseller status! Tosca's newest releases are *The Eat-Clean Diet Stripped*, on how to lose those tough last 10 pounds, and *The Eat-Clean Diet Cookbook 2*.

A popular guest on radio and TV programs, Tosca has appeared on numerous shows such as *Good Morning America*, *The Doctors*, *CBS Early Show* and *Fox and Friends*, and appears regularly as a lifechanger on *Extra*. Her Gemini award-winning reality show, *Tosca: Flexing at 49*, is now featured on Canada's *Oprah Winfrey Network (OWN)*. When Tosca isn't on TV, radio or contributing numerous health and fitness columns and articles for magazines such as *Oxygen*, *Clean Eating*, *Maximum Fitness*, and *People*, she is giving fitness and motivational seminars at businesses, conventions and women's groups across North America. She has dedicated her life to following the Eat-Clean lifestyle and helping others do the same. Tosca lives just north of Toronto, Ontario, Canada with her husband, children and dogs.

**Tosca is a strong woman with strong views.
Her credo is taken from Goethe;**

**“Whatever you can do or dream, you can begin it.
Boldness has genius, power and magic to it.”**