

Sherri Sue Fisher

Author, Manager, and Member at TimerDiet, LLC

Phoenix, AZ, US

Live, Love, and Enjoy-Keep your weight exactly where you want it!

I have learned the hard way through trial and error what it takes to lose weight and how to maintain it! Back in 2009, I lost over 30 pounds and I have maintained since then. I no longer wonder if I can keep the weight off, I know that I can and spend my time focusing on other goals. I will show you how I do it!

Workshop, Author Appearance

Health and Wellness, Fitness

Weight Loss and Maintenance, Workplace Eating, Travel and Entertainment Eating

CFMA

How to eat to be productive in the workplace

Eating often and throughout the day will keep you focused, if you are sure to include dietary fat, protein, and carbohydrates into each and every meal and mini-meal. Find time to get in a walk every day and incorporate resistance training into your daily routine, using easy and simple at home ideas.

Radio Segment

12 Minutes Radio Talk Show on TimerDiet

Northern Arizona University

Bachelor of Science in Accountancy Accountancy

Authored TimerDiet

Wrote first book TimerDiet, and working on second TimerOrganizer

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)