



Linda Izzo, a.k.a. The Big Mama makes an exuberant, humorous appearance with her positive, bouncy self and dozens of expert confirmations regarding her “atypical outlook” for the world of Big Beautiful People--- and the world, in general!

Her message: Many people are still going to be FAT no matter what they do! And you can't ignore that many pounds or discard that much talent & spirit! **BESIDES, being fat is an extraordinarily complex situation. Don't let anyone convince you otherwise. It is not as simple as “burn more calories than you eat”** (though that does work to some extent). Consider Genetics, Diet & Metabolism or

facing the vicious cycle of Incessant Dieting and Gaining Weight! With a 40 Billion Dollar Fitness Industry, and most Americans often on a diet, surveys still count more of us as fat. And, there are more anorexics and bulimics, as well. “Hellooooooooooooo--something's not working,” she says.

What to do?

Stop dieting! Diets don't work. 95% of dieters regain all weight lost and more, which handily contributes to keeping people fat and often depressed, isolated, and consequently unhappy, if not unhealthy. **Develop the patience and self esteem to enjoy life now...** before, during, after or ever losing weight! **Open your minds to the love and beauty that is in the world...** especially when looking in the mirror. **Let's stop looking at the world as Us vs. Them...** Slim people, “Get the bulls-eye off fat people's backs and give them a break”. Fat people, “Polish yourselves up and be the best-looking & acting you that YOU can be---today!”

She says, “Expand your view of people (pardoning the pun)... Try it for one day, Rinse, Repeat. You'll see a difference if you start to make a difference. And if I can do it, so can you!”

Since the early 90's, Linda has devoted part of her busy, entrepreneurial life running businesses with her husband, to the development and promotion of her atypical outlook: *Be the best you that you can be today, and enjoy life now!* She has appeared on National TV & Radio, is featured in *Who's Who In Professional Speaking* and her non-profit organization, The Big Mama Wellness Project, Inc. distributes her Musical Self Esteem Seminar, *Life Change Is a Managed Miracle*, her Size Friendly Workout Video, her CD *Here's To Life... Now!*, and other Positive programs to Big Beautiful People (and those who think they are) for FREE!

Her organization gives hope and support.

Her visits give perspective, joy and her signature Big Mama Hugs!

“The whole world has to see her; she just changes my mood. I really feel good!”

—Rose Otto, Real Estate Broker, NY

“She is gorgeous ...Big Fat Mamas are back in style!”

—Naomi DiClemente, WPLJ's Scott & Todd Show

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