

# AI Yourself Fit

*Same girl. Same powerful talk. Now supercharged by AI.*

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**Devin Alexander** | 3× New York Times Bestselling Author | Celebrity Chef | 10 Seasons NBC's *The Biggest Loser*

## THE TALK

For 20 years, Devin Alexander has walked into rooms full of people convinced that taking care of their body means giving up every food they love — and walked out with a room that couldn't wait to go home and cook. She doesn't get there by being a wellness expert. She gets there by being exactly who's sitting in those seats.

She is not the person who grew up loving kale. She spit out her pea baby food, spent years avoiding vegetables, convinced herself she hated working out, and has had to consciously engineer her own health her entire life — the same way the person in the third row has to. That's why they believe her. She's not talking down from the mountain. She's been in the valley with them.

After ten seasons on NBC's *The Biggest Loser* — watching diabetes go into remission and knowing she was part of it — Devin became an ambassador for the American Heart Association and the American Diabetes Association, and wrote the book that showed patients what they *could* have. It became a New York Times bestseller called *You Can Have It*.

AI Yourself Fit is that same talk — the one that has been flipping rooms for two decades — now supercharged. Same laugh lines. Same self-deprecating honesty about what it actually takes to eat well when you didn't grow up doing it. The AI layer gives every person in the room more ammunition to keep going after they leave: better recipe searches, product comparisons, and meal plans built in 90 seconds instead of the two hours Devin used to spend doing it by hand. This is not a tech talk. It is a permission slip.

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## AUDIENCE TAKEAWAYS

- **It was never about willpower.** Audiences leave knowing exactly why they've struggled — and what to do tonight.
- **The food is still the food.** Juicy. Decadent. Satisfying. Their favorite dishes are back on the table, just made smarter.
- **Better tools, right now.** Live demo: how to use AI to find only the recipes worth making, decode labels, and build a meal plan in 90 seconds.

- **They leave differently.** They came in thinking health is a sacrifice. They leave planning dinner — and looking forward to it.

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**AVAILABLE FORMATS**

| 60-Minute Keynote                             | 90-Minute Keynote + Q&A                             | Half-Day Workshop                          | Virtual / Hybrid                                                      |
|-----------------------------------------------|-----------------------------------------------------|--------------------------------------------|-----------------------------------------------------------------------|
| Standard conference or corporate event format | Extended with audience interaction and live AI demo | Hands-on with breakout exercises and tools | Full production quality; has held 235 accounts online for a full hour |

**IDEAL AUDIENCES**

Corporate & Fortune 500 · Hospitals & Healthcare Systems · Women’s Leadership Conferences · Universities & Nonprofits · Health & Wellness Events

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**ABOUT DEVIN ALEXANDER**

Devin Alexander is a 3× New York Times Bestselling Author of ten cookbooks with 2M+ copies sold, a celebrity chef who spent ten seasons on NBC’s *The Biggest Loser*, and a keynote speaker who has spent 20 years proving that health does not require giving up the food you love. She is an ambassador for the American Heart Association and the American Diabetes Association and was named one of the Top 200 Most Influential Authors in the World by Richtopia and Healthy Eating Media Personality of the Year 2024 by Global Health & Pharma.

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