

Devin Alexander

MOMENTUM ARCHITECT

Designing the exact system that works for you
— willpower not required.

KEYNOTE SPEAKER · 3× NEW YORK TIMES BESTSELLER

Your people don't need more motivation. They need the system.

*AI Yourself Fit™ — for Fortune 500 leadership, health systems,
and pharmaceutical brands.*

A decade as the chef for NBC's *The Biggest Loser* · 10 books, 2M+ copies sold ·
500+ stages

Devin Alexander wasn't born this way. Bullied and overweight as a teenager, she engineered her way to losing 70 pounds — and has kept it off for more than two decades. That same instinct made her a **3× New York Times bestselling author** of 10 books with 2+ million copies sold, and **the chef behind a decade of NBC's *The Biggest Loser***. She's the **Recipe Revisionist™**, a term she coined because she doesn't just cook — she rebuilds the rules. A seasoned fitness coach who is also a trained chef, she has never once asked a room to give up the food they love. Across 500+ stages she is the **Momentum Architect**: she doesn't hand people motivation, she engineers the systems that make momentum automatic.



500+
STAGES

3×
NYT BESTSELLER

2M+
COPIES SOLD

10
BOOKS

70 lbs
OFF — KEPT OFF 20+ YRS

SIGNATURE KEYNOTE · AI YOURSELF FIT™

CORPORATE & EXECUTIVE PERFORMANCE

"The keynote that turns 'running on empty' into unstoppable."

Mind-and-body performance, travel-proof habits, and vetted AI tools for Fortune 500 and leadership audiences.

HEALTHCARE & INDIVIDUAL HEALTH

"The talk that turns 'I can't' into 'I can't wait to.'"

Food, blood sugar, and AI put to work for hospital systems, pharmaceutical brands, and patient audiences.

AWARDS

Richtopia — Top 200 Most Influential Authors in the World · Global Health & Pharma, 2024 —
Healthy Eating Media Personality of the Year · NAWBO-LA, 2019 — Inspirational Woman of the
Year · Huffington Post — Top 50 Weight Loss Coaches Who Get Results

CREDENTIALS

- **A decade as the chef for NBC's *The Biggest Loser*** — documented outcomes, season after season
- **ADA Cookbook Author** — official cookbook with the American Diabetes Association
- **Former Official Ambassador** — American Diabetes Association & American Heart Association
- **On-camera CGM experience** — Abbott FreeStyle Libre and Day Two gut microbiome program
- **Originated the Recipe Revisionist™ approach** — any dish made crave-worthy, with no sense of deprivation

*"All 235 unique Zoom accounts stayed online for the entire hour.
That doesn't even happen at a live event."*

Kendra Puryear

Chief Development Officer, Orangewood Foundation

*"Devin Alexander is a skillful presenter, teacher and advocate. Her
series has been riveting, and enthusiastically received. We look
forward to repeating it."*

Peter Samuelson

President & Co-Founder, First Star Foundation

SPOKEN FOR

American Diabetes Association · American Heart Association · RWJBarnabas Health · MultiCare · Keck School of Medicine of USC · Blue Zones Project ·
Cisco · NBC · Publix · Macy's · Paul Mitchell · Grand Ole Opry · Boys & Girls Clubs of America · The Biggest Loser Resorts

AS SEEN ON

Today · Good Morning America · The View · ABC · CNN · Food Network · Beat Bobby Flay · Dr. Phil · The Doctors · Access Hollywood · The Dr. Oz Show
· HGTV · E! · MSNBC · HSN · Good Day LA

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Booking, availability, and a customized proposal. Bureau inquiries welcome.

Fee provided on inquiry, based on format, date, and location.
Reel and full-length video available. · devinalexander.com

Dare to Live Devinly