

Abby Campbell

Weight Loss Expert & Author

Author Biography



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Abby Campbell is a professional fitness and sports nutrition specialist, personal trainer, and author of *One Size Does NOT Fit All Diet Plan: Meal Planning That Will Boost Your Metabolism, Break Through Plateaus, and Help You Achieve Maximum Fat Loss Today!*

Abby is also the proprietor of 911 Body ResQ in the Charlotte region of North Carolina, a fitness and nutrition consulting company where she has worked primarily with overweight and obese women. Through her popularity, she is known as one of America's favorite weight loss experts. She has also been a director's consultant for the YMCA since 2006.

Abby's passion for health and nutrition came about through her own health crisis in her early to late 20s. Being diagnosed with a progressive form of cancer, and soon after with Multiple Sclerosis, put her into a tailspin while fighting for her life. Through good nutrition, she was able to overcome both of her diagnoses. Since her miraculous healings, she found a love for food – wholefoods that provides vitality and life. As Abby's concern for the growing weight crisis in America grew, she wanted to reach more people with nutrition truth. She began blogging and writing articles for online fitness sites and e-zines. Her email would then get filled with questions that took up much of her day, so she wrote free e-books to satisfy those wanting more knowledge about nutrition and healthy living. Current statistics indicate that 80 percent of the 108 million dieters in the United States want an inexpensive, low-cost, and home-based plan for losing weight. Due to these statistics, Abby published her nutrition plans to fulfill the need of the masses. Her book is the only book on the market that provides a personalized approach.

Abby has a Bachelor of Science degree in business administration, professional certifications in both fitness and sports nutrition with International Sports Sciences Association, and a certification in personal training with Athletic Certification Training Commission. She is also obtaining certification as an Herbalist in Original Medicine, as well as her Doctorates in Naturopathy.

In her spare time, Abby likes to hike, garden, and read. She resides in the Charlotte, North Carolina, area and has been married for 20+ years with three grown daughters, one of which is autistic.