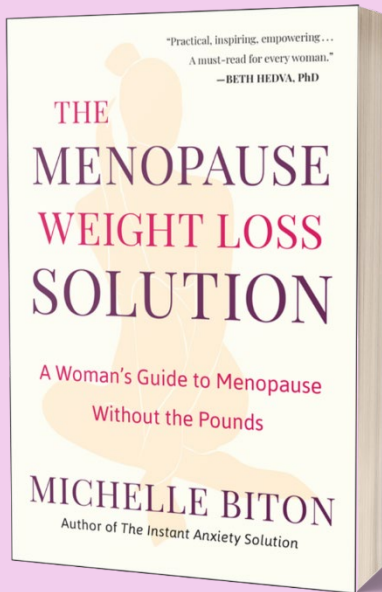


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**Michelle Biton** is a Health and Wellness Coach and Educator with a Master’s Degree in Holistic Nutrition and a Certificate in Kinesiology, Health and Fitness Studies. She is also the author of the popular *Pregnancy Without Pounds* series, which focuses on the fitness and well-being of pregnant women, as well as *The Instant Anxiety Solution*.

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