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### Valeria Lozano Arias (Author of Cambia de hábitos)

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**CHANGING HABITS: HOW TO CHANGE YOUR LIFE?**

MEXICO - Valeria Lozano Arias (México, 1980) is a business administrator, a health coach with a degree from the Institute of Integrative Nutrition in New York, and a perfect health instructor certified by the Chopra Center. She created the program Cambia de hábitos, with more than 15,000 downloads, and she edits the monthly nutrition guide Hábitos Magazine, with more than 25,000 subscribers.

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