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Get Back Your Baby Skin

March 15, 2012 By [Kymberly Williams-Evans](#) and [Alexandra Williams](#) [Leave a Comment](#)

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Fun and Fit interview Sir Dr. Zein Obagi, an internationally sought after dermatologist and leader in healthy skin care from the inside out

Are you making the number one mistake with your skin that ages it?

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According to skin care expert, Sir Dr Zein Obagi, **lazy skin is aged skin. Strong skin leads to younger skin!** And most women (but not many men) make **one mistake almost DAILY that adds years** and inelasticity **to their skin's appearance.**

- What can you do to:
- avoid having "lazy" skin
 - achieve strong skin
 - look younger
 - have healthier skin?

The key is to **create healthy skin habits from the inside out**, not from the outside in.

If you follow Dr. Obagi's **groundbreaking advice, backed by science**, within a few weeks you will:

- Look years younger
- Prevent wrinkles
- Avoid plastic surgery
- Minimize acne scars
- Inhibit skin cancer

Gain from his wisdom in this short interview. As he says, **"you are entitled to look your best"** naturally and without surgery.

Sure, Dr Obagi has credentials galore. But guess what?! He also has a great sense of humor. And nice skin! Check [him](#) and [his sites](#) out.

Sir Dr. Zein Obagi is an internationally recognized dermatologist, whose quest to understand healthy skin

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began at the age of fifteen when his sister suffered major face burns. He went on to complete his medical education, first becoming a pathologist then moving into the field of dermatology while he was serving in the U.S. Navy.

Not only is Sir Dr Obagi a leader in dermatology, but also given his humanitarian and scientific contributions to his profession, he was just knighted into the Knighthood of the oldest Imperial, Charitable and Chivalric Order.

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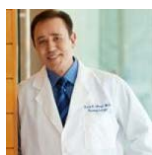
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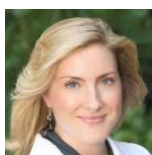
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About **Kymberly Williams-Evans** and **Alexandra Williams**

Identical twins and fitness pros **Kymberly Williams-Evans, MA** and **Alexandra Williams, MA** have been in the fitness industry since the first aerobics studio opened--with them--on the European continent back when leg warmers and thong leotards were the rage. Their fitness experience spans 3 decades on land, sea, and airwaves.

Kymberly has taught fitness on 4 continents in 4 languages for 30 years to more than 10,000 exercisers. She is former faculty at **University California Santa Barbara** (UCSB) in the Department of Exercise & Sport Studies. **IDEA, the International Association for Health and Fitness Professionals** tapped her to serve as the inaugural editor for **Fitness Edge**, a publication devoted solely to group exercise leaders. Finally she knew enough people in the exercise world that she became a three-time nominee and finalist for IDEA's Program Director of the Year award.

Kymberly also worked the mind attaining a Master's Degree in English. Her true specialty was conducting business writing seminars and helping professionals communicate more effectively in the business world. From hosting an international fitness TV program to serving as grammar expert on a live show, Kymberly has led, moved and grooved with energy and good grammar for all.

Alexandra has been teaching, presenting and writing about fitness for over 25 years (since she was 7 and 1/2)! Currently on staff in the Exercise Studies Department at UCSB, she is also a contributing editor and writer for IDEA Health and Fitness Association's many publications. As an international presenter, Alexandra enjoyed her honeymoon in Venezuela after judging their national fitness championships.

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Alexandra has her advanced degree in counseling, which qualifies her to ask nosy questions of her two teens. Combining her love of words and the microphone, she has also had a successful run as a radio presenter, emcee and comedian. She loves to work, so she also writes for her blog and is a frequent guest contributor to a variety of blogs about business and health.

Kymerly and Alexandra are also the Hosts of **Fun and Fit on WomensRadio**. *Fun and Fit* offers answers to audiences' fitness questions, shares Fun Fit Facts, faces Freak Out Fit Facts head on and helps listeners cut through the hype and fat to reach their fitness goals. Learn, laugh and live it up on your road to health and fitness!

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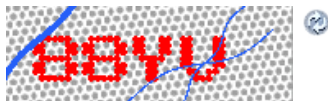
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