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## Wake Up to Younger Skin!

November 9, 2011 By [Kymberly Williams-Evans](#) and [Alexandra Williams](#) [Leave a Comment](#)



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- What is truly healthy skin?
- Do you possess the 5 components of healthy skin?
- Would you like to turn back the clock on your facial skin?
- What is the most critical vitamin to keep skin vital?
- Why is this vitamin so important, and what do most people not know about it that prevents them from taking advantage?

We caught the delightful and much-hailed, [Sir Dr. Zein Obagi](#) on one of his rare breaks to bring you a radically different approach to skin care and beauty. Based on the breakthrough innovations from this world-acclaimed medical doctor, you can now turn back your skin's clock to where it is smooth, even-colored, naturally hydrated, tight, and firm.

Make sure to listen until the very end when [Dr. Obagi](#) shares two SUPER HELPFUL strategies you can use today, for free to regenerate your skin.

Sir Dr. Zein Obagi began his quest to understand healthy skin when he was 15 and saw his sister undergo a painful and scarring burn trauma. After completing his medical education, first in pathology, then dermatology, he went on to redefine skin care. Very much a believer in harnessing the skin's natural powers to rejuvenate itself, Dr Obagi has completely changed the way we approach skin care. Take advantage of his years of research and exploration to bring your skin to its healthiest, most vibrant level possible.

Then [visit his sites](#) to learn more, ask questions, and get your skin as fit and youthful as your active body!

<http://www.obagiskin.com/>

<http://zeinobagi.com/>

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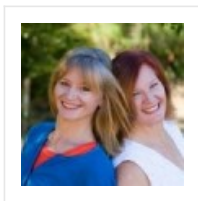
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## About **Kymerly Williams-Evans and Alexandra Williams**

Identical twins and fitness pros **Kymerly 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.

Kymerly 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.

Kymerly 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, Kymerly 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.

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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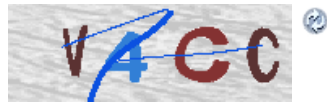
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