



Debbie Lesko

Debbie Lesko is a 67 year old grandmother whose passion is to educate people of all ages, sizes, race, sexual identity of the dangers of diet culture and the societal ideals to keep everyone thin. She fights the mainstream ideals with her page – Diets don't work on Facebook as well as on Instagram. (Diets_dont-_work_haes1) She currently has about 30,000 followers who look forward to her newest posts. She has been on podcasts and taught at seminars as well as writes articles for magazines and has her own blog on her webpage. As a survivor of anorexia and drug addiction she has the lived experience to share her ideas with the world. Her recovery from drugs and anorexia has been her driving force to share her recovery with others. "If I can inspire one person it will all be worth it."