



Rocio Medina, M.D.

Vice President, Worldwide Nutrition Training

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Medina is a former professor of nutrition and obesity and, with other professors, designed a program of study in these areas at the University of Monterrey in Mexico, to help prepare professionals in this field. She and her colleagues founded the Medical College of Surgeons and Professionals in Obesity and Clinical Nutrition at Nuevo León in 2000, where she served as president from 2009 to 2010. Previously, she served as medical coordinator of the Ministry of the Preventive Police Force of Monterrey. She has also been in private practice in Mexico since 1994.

Medina is a member of the Obesity Society since 2004 and a member of the American Society of Nutrition since 2012.

Medina received her medical degree at the Autonomous University of Nuevo Leon (Universidad Autónoma de Nuevo Leon [UANL]), in Monterrey, Mexico. She also completed two nutrition and obesity post-graduate degrees at the Autonomous University of Nuevo Leon and the University of Monterrey. Medina received her Master's degree in Nutrition and Obesity from the University of Monterrey, Mexico in 2010. In 2007, she was one of the founders of the High Technology Nutrition and Obesity Clinic in Monterrey, Mexico, and served as a physician there until 2012.

The Herbalife Nutrition Advisory Board is made up of leading experts from around the world in the fields of nutrition and health whose role is to educate and train Independent Herbalife Members and, in China, sales representatives, on the principles of good nutrition, getting regular physical activity, and leading a healthy lifestyle.