



Lisa ●●● CHANG

Television Personality | Digital Wellness Expert



[TheSpotlightAgency.com](https://www.TheSpotlightAgency.com)



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Lisa Chang is a nationally recognized digital wellness expert, television host, and proud mom, with over 25 years of experience in the technology space. As a trusted voice on *Breakfast Television*, CTV's *The Good Stuff*, and Global's *The Morning Show*, Lisa leads the conversation on how technology impacts our health, habits, and relationships, and how we can aim to use it more intentionally.

Driven by her passion for digital wellness and balanced living, Lisa launched her original YouTube series, *The Health Tech Up*, which explores the intersection of health and technology. The show acts as a digital “check-up” for people of all ages, addressing a growing gap in the tech conversation — shifting the focus from whether we should use technology to how we can use it better.

As a working mom, Lisa brings a deeply personal lens to every conversation — from screen time for kids, to mental wellness for parents and aging well with tech. Her content is inclusive and insightful, helping individuals and families make smarter, healthier choices, building trust, and inspiring action.

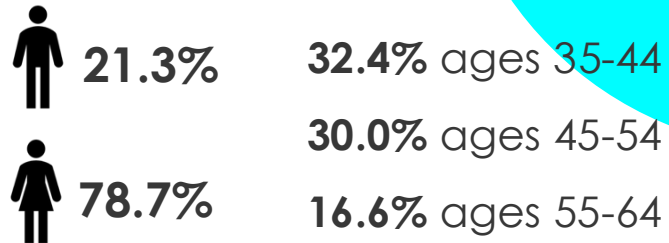
Collaborating with major global and Canadian tech, health and lifestyle brands, Lisa has spent decades consulting, presenting, and educating on the ever-evolving role of tech in society. She's a dynamic event host, moderator, and brand partner, who captivates audiences with her blend of warmth, expertise, and real-world perspective, empowering them to feel confident and in control in a tech-driven world.

Lisa resides in Oakville with her husband and young son.

@ItsLisaChang

8.4K+ Followers on Instagram

Audience Demographics



Lisa's audience is over **84%** Canadian!





itslisachang verified
Apple Park



2/10



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2024



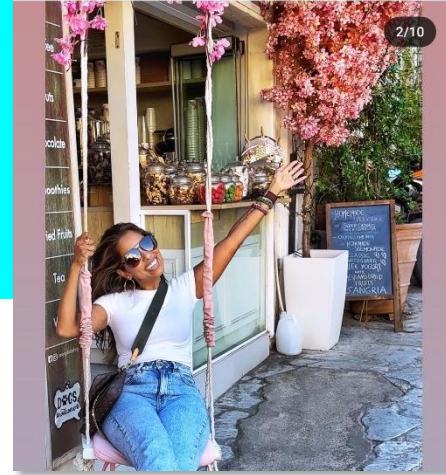
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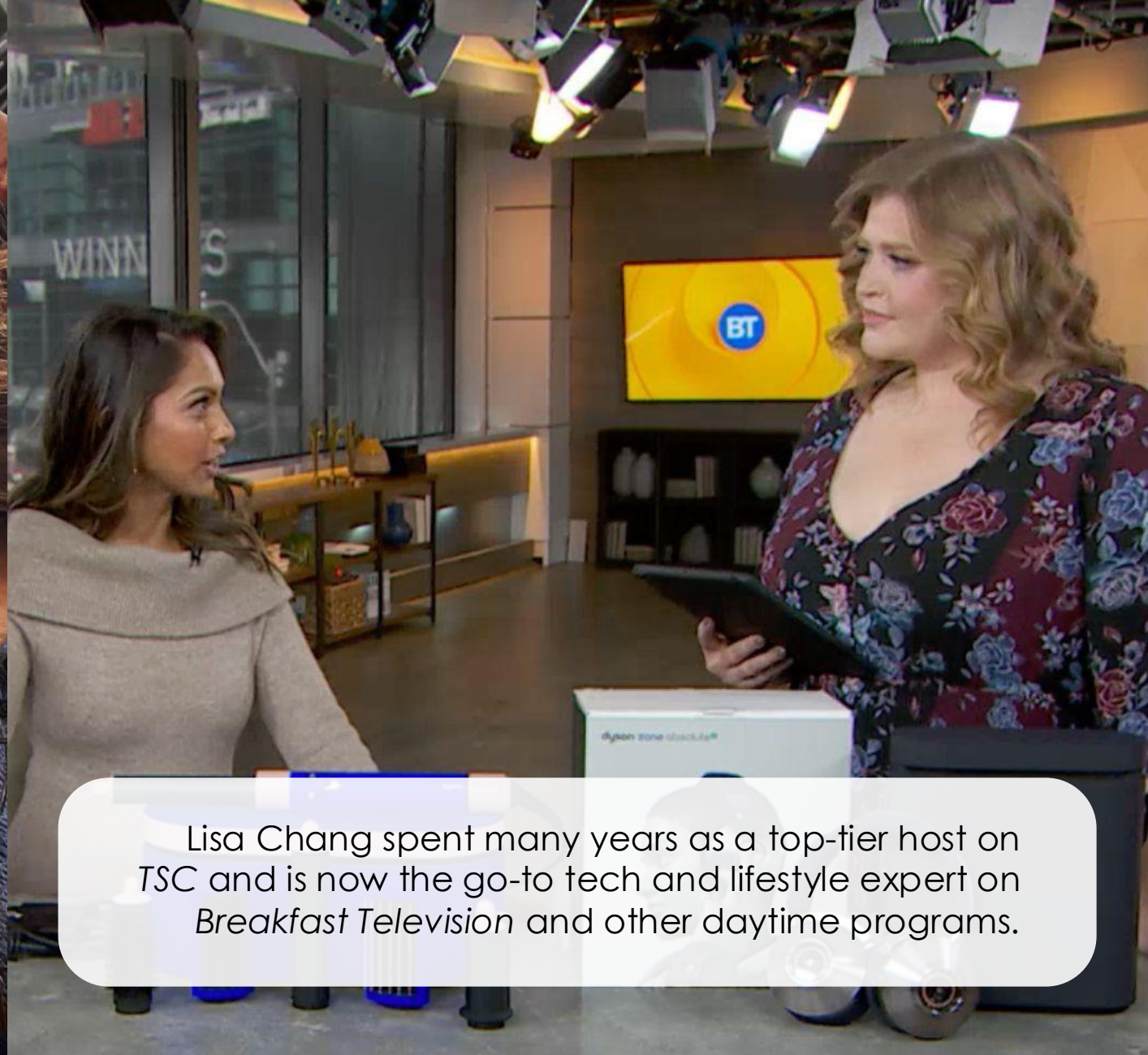
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Around the Sun



itslisachang verified
Athens, Greece



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Lisa Chang spent many years as a top-tier host on *TSC* and is now the go-to tech and lifestyle expert on *Breakfast Television* and other daytime programs.



Lisa is also host of *The Health Tech Up*, which promotes the consumption of technology in a way that prioritizes viewers' mental, emotional, and physical wellbeing.

Lisa is available to partner with brands for a variety of initiatives, including:

- Spokesperson roles
- Media appearances
- Digital video and television ads
- Event hosting
- Speaking engagements
- Guest appearances
- and more

Past partners: SQUAREONE

 SIMONS



it COSMETICS



Dove 

KitchenAid

Partnership Opportunities ●



For more information, please contact:

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