



Bob Greene is an exercise physiologist and certified personal trainer specializing in fitness, metabolism, and weight loss. He's been a frequent guest on The Oprah Winfrey Show and appeared on dozens of national television programs. His first book, *Make the Connection: Ten Steps to a Better Body—and a Better Life*, the #1 New York Times bestseller he co-authored by Oprah Winfrey, was about how to live a healthier life, and his working with her in her lifelong battle against weight. "It's my goal to help as many people as possible commit to a healthier—and happier—lifestyle."

Bob Greene is also a regular contributor to *O, The Oprah Magazine* and writes on health and fitness for Oprah.com. He is the author of several national bestsellers, including *A Journal of Daily Renewal: The Companion to Make the Connection*, *Keep the Connection: Choices for a Better Body and a Healthier Life*; *Get With the Program!*; and *Total Body Makeover*. To book health and wellness speaker Bob Greene call Executive Speakers Bureau 800-754-9404.

Bob Greene

Speech Topics

- Women's Issues
- Stress Management
- Peak Performance
- Life Balance
- Health & Wellness

