

# Chris Powell

## Fitness Expert & Trainer for Extreme Makeover Weight Loss Edition

Please contact a GDA agent for information.

### Topics

- Fitness / Diet / Nutrition
- Healthcare
- Men's Health & Issues
- Overcoming Adversity
- Television
- Women's Health & Issues

### About Chris Powell

Chris Powell is the trainer and transformation specialist on ABC's "Extreme Makeover: Weight Loss Edition."

Throughout the first years of the show, Powell traveled the country in a documentary-style series, where he used his innovative techniques, education and expertise to guide extremely overweight individuals as they shed hundreds of pounds over the course of a year.

Adding best-selling author to his list of accolades, Powell's first book "Choose to Lose," was released in December on 2011 and soared to the top of the New York Times Best Seller list. The book provides motivation, nutrition, exercise, tips, and tricks to help anyone lose those last twenty pounds. Powell released a second book, "Chris Powell's Choose More, Lose More for Life" in 2013.

Powell holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS). He is a regular contributor to "Good Morning America" and "The Doctor Oz Show," and has been the Transformation Pro on KTVK's "Good Morning Arizona" for the last eight years delivering tips, shortcuts, and tricks of the trade to the largest news viewing audience in Arizona.

Powell exploded onto the fitness scene with his unorthodox approach, becoming a pioneer for a new hybrid of fitness professionals. He has captured national attention with the largest and fastest natural weight loss ever documented, transforming the life of David Smith who lost 401 lbs in 26 months. It was Powell's unyielding dedication to another that captured the heart of America as he shared his story on such national shows as "The Oprah Winfrey Show," "20/20," "The View," as well as a one-hour documentary for TLC.

### Select Keynotes

- **12 Million Children are Considered Obese**

12 Million Children are Considered Obese. Chris sheds light on this epidemic and how to remedy.

- **Do Not Remember a Time I was Overweight**

Chris discusses being uncomfortable does not have to be a way of life.

- **One Million Lives from Obesity**

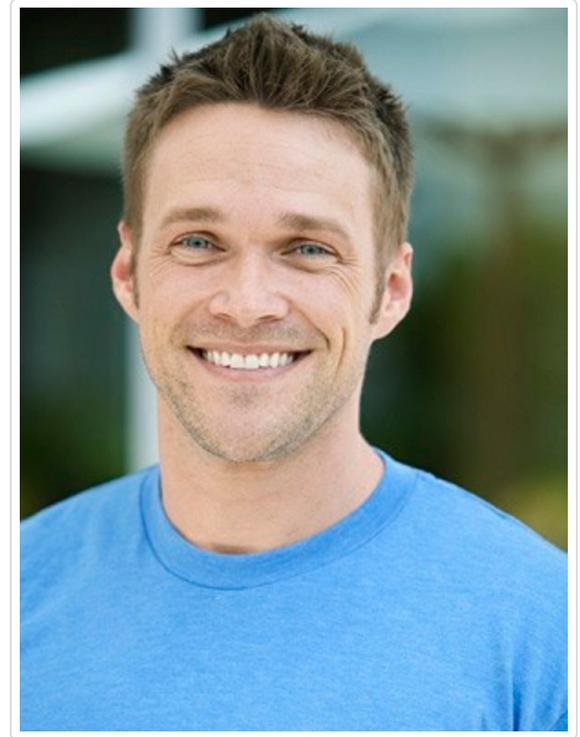
Chris discusses how little changes can add up to big results. Chris has changed over million lives from obesity.

- **The Journey**

Chris Powell is a television celebrity who create a keynote presentation on the power of The Journey.

- **Thought Leadership.**

We love presentations. We love them because they translate information into inspiration. They transform audiences into movements. They give ideas a chance to turn the world upside down. At Duarte, we strive to create visual, audience-focused presentations that motivate, inspire, and



persuade. But more than that we want to elevate the quality of everyday communications and provide the masses with the tools to incite a presentation revolution.

### **Select Book Titles**

- **2015:** Extreme Transformation: Lifelong Weight Loss in 21 Days
- **2013:** Extreme Transformation: Lifelong Weight Loss
- **2011:** Choose to Lose: The 7-Day Carb Cycle Solution