

# bob greene personal trainer

Bob Greene Personal Trainer: Transforming Lives Through Fitness and Wellness

**bob greene personal trainer** is a name that resonates with many who have embarked on transformative fitness journeys. Known not just for his expertise in exercise routines but also for his holistic approach to health, Bob Greene has built a reputation as one of the most influential personal trainers in the wellness industry. Whether you're a fitness enthusiast or someone just beginning to explore healthier living, understanding what makes Bob Greene's approach unique can inspire and guide you toward your own goals.

## Who Is Bob Greene? A Brief Overview

Bob Greene is more than just a personal trainer; he is a lifestyle coach, author, and motivational figure. Rising to prominence in the 1990s, Greene gained widespread attention as Oprah Winfrey's personal trainer. Their collaboration not only showcased his effective training methods but also highlighted his compassionate and personalized approach to fitness.

With several bestselling books on health, nutrition, and exercise, Bob Greene has influenced millions. His philosophy centers on sustainable lifestyle changes rather than quick fixes, emphasizing the importance of mental well-being alongside physical health.

## The Philosophy Behind Bob Greene Personal Trainer Methods

What sets Bob Greene apart in the crowded world of personal trainers is his holistic view of health. He believes that physical fitness cannot be separated from mental and emotional wellness. This integrated approach helps clients achieve long-lasting results by addressing the root causes of unhealthy habits.

## **Focus on Sustainable Lifestyle Changes**

Unlike programs that promise rapid weight loss through extreme dieting or intense workouts, Bob Greene advocates for gradual, maintainable changes. He encourages clients to adopt balanced eating habits, consistent exercise routines, and mindful practices that fit their individual lifestyles.

## **Mind-Body Connection**

Bob Greene often incorporates mindfulness and stress management into his training programs. He understands that mental stress can sabotage physical progress, so techniques such as meditation, positive affirmations, and stress reduction strategies are part of his toolkit. This mind-body synergy is crucial for overall wellness.

## **Training Techniques Utilized by Bob Greene Personal Trainer**

Bob Greene's training style is dynamic and adaptable, catering to various fitness levels and goals. His workouts often blend cardiovascular exercises, strength training, and flexibility routines to create balanced programs.

## **Personalized Fitness Plans**

One hallmark of Bob Greene's approach is customization. He recognizes that each individual has unique needs, preferences, and limitations. Whether you're recovering from an injury, managing chronic conditions, or simply starting out, his plans are tailored to optimize your progress safely.

## **Incorporation of Functional Training**

Functional training, which focuses on movements that improve everyday activities, is a key component in Greene's workouts. This approach not only enhances strength and endurance but also reduces the risk of injury by promoting proper movement mechanics.

## **Nutrition Guidance**

Fitness is only part of the equation. Bob Greene's programs often include nutritional advice to complement physical training. He promotes balanced diets rich in whole foods, proper hydration, and mindful eating habits rather than restrictive dieting.

## **How Bob Greene Personal Trainer Has Impacted the Fitness Industry**

Bob Greene's influence extends beyond individual clients to the broader fitness community. His emphasis on holistic health has helped shift industry perspectives toward more comprehensive wellness models.

## **Popularizing Mindful Fitness**

Before mindfulness became a buzzword in fitness circles, Bob Greene was already advocating for mental well-being as integral to physical health. His work has paved the way for modern programs that combine yoga, meditation, and mental coaching with traditional exercise.

## **Bridging the Gap Between Celebrity and Everyday Fitness**

While training high-profile clients, Greene has remained committed to making fitness accessible. His books and media appearances demystify complex health concepts, empowering everyday people to take control of their wellness.

## **Promoting Body Positivity and Realistic Goals**

In an industry often criticized for unrealistic beauty standards, Bob Greene emphasizes self-acceptance and realistic goal-setting. His approach encourages clients to celebrate progress rather than perfection, fostering healthier relationships with their bodies.

## **Tips Inspired by Bob Greene Personal Trainer for Your Fitness Journey**

If you're looking to adopt some of Bob Greene's principles into your own routine, here are practical tips to get started:

- **Set achievable goals:** Start with small milestones that build confidence and momentum.
- **Focus on consistency:** Regular, moderate workouts are more effective than sporadic intense sessions.
- **Incorporate variety:** Mix cardio, strength, and flexibility exercises to keep your routine engaging and well-rounded.

- **Prioritize nutrition:** Choose whole, nutrient-dense foods and practice mindful eating.
- **Manage stress:** Include relaxation techniques such as deep breathing or meditation to support mental health.
- **Listen to your body:** Adapt workouts according to how you feel, avoiding injury and burnout.

## The Legacy of Bob Greene Personal Trainer in Today's Wellness Culture

Bob Greene's career spans decades, yet his relevance continues in today's rapidly evolving wellness culture. His balanced approach aligns perfectly with modern trends that favor holistic health rather than quick, superficial fixes.

Many current trainers and wellness coaches cite Greene as an inspiration, integrating his mind-body principles into their own methodologies. Furthermore, his emphasis on education empowers individuals to become their own health advocates, a philosophy that resonates in an age of information overload.

For those seeking a personal trainer who values compassionate coaching, realistic goals, and overall well-being, Bob Greene's model remains a gold standard. His work reminds us that fitness is not just about looking good but about feeling strong, confident, and balanced in all areas of life.

Whether you are embarking on a new fitness journey or looking to deepen your understanding of wellness, exploring the methods and mindset of Bob Greene personal trainer can provide valuable insights and motivation. His legacy is a testament to the power of combining science, empathy, and practical strategies to transform lives.

## Frequently Asked Questions

### Who is Bob Greene and what is he known for as a personal trainer?

Bob Greene is a renowned personal trainer and fitness expert known for his work as Oprah Winfrey's personal trainer and for authoring several best-selling fitness and wellness books.

### What are some popular books written by Bob Greene?

Some popular books by Bob Greene include 'The Best Life Diet,' 'Get With the Program!,' and 'Every Day Healthy,' which focus on weight loss, healthy living, and fitness.

### What is Bob Greene's approach to personal training and fitness?

Bob Greene emphasizes a holistic approach combining physical exercise, nutrition, and mental wellness, encouraging sustainable lifestyle changes rather than quick fixes.

### Has Bob Greene worked with any celebrities besides Oprah Winfrey?

While Bob Greene is best known for working with Oprah Winfrey, he has also trained and advised other celebrities and public figures, focusing on personalized fitness and wellness plans.

### Does Bob Greene offer online personal training or coaching services?

Yes, Bob Greene offers online coaching programs and digital resources, including workout plans and nutritional guidance accessible through his official website and affiliated platforms.

### What makes Bob Greene different from other personal trainers?

Bob Greene stands out due to his focus on integrating emotional and mental health with physical fitness, his expertise in sustainable weight loss, and his extensive experience working with high-profile clients.

## Are there any workout programs created by Bob Greene available to the public?

Yes, Bob Greene has created several workout programs and DVDs that are available to the public, designed to accommodate different fitness levels and help people adopt healthier lifestyles.

## Additional Resources

Bob Greene Personal Trainer: An Analytical Review of His Impact on Fitness and Wellness

**bob greene personal trainer** is a name that resonates strongly within the fitness and wellness community. Known primarily for his work as Oprah Winfrey's personal trainer and his extensive contributions as a health and wellness coach, Bob Greene has carved out a distinct niche that blends personalized fitness training with sustainable lifestyle changes. This article delves into the multifaceted role of Bob Greene as a personal trainer, exploring his methodologies, influence, and how his approach compares within the competitive fitness industry.

## Background and Career Overview

Bob Greene's rise to prominence began in the 1990s when he first started working with Oprah Winfrey, a collaboration that significantly elevated his profile. Over the years, Greene has evolved from a fitness coach to a bestselling author and motivational speaker, cementing his place as a trusted authority in personal training and holistic health. His credentials include certifications from the National Strength and Conditioning Association (NSCA) and the American Council on Exercise (ACE), which underpin his expertise in exercise science and program design.

# Training Philosophy and Methodology

At the core of Bob Greene's personal training philosophy is the principle of integrating physical fitness with emotional and psychological well-being. Unlike trainers who focus solely on exercise routines or calorie counting, Greene emphasizes a comprehensive approach that addresses mindset, nutrition, and sustainable habits. His programs often include:

- Personalized workout plans tailored to individual goals and fitness levels
- Behavior modification techniques to encourage long-term adherence
- Nutrition guidance that balances enjoyment with health benefits
- Focus on mental resilience and stress reduction strategies

This holistic perspective differentiates Bob Greene personal trainer services from more conventional training methods that prioritize short-term results over lasting change.

## Bob Greene Personal Trainer Programs and Resources

Bob Greene's offerings extend beyond one-on-one training. He has developed a range of programs and resources designed to reach broader audiences, including:

- **The Best Life Diet:** A comprehensive nutrition and exercise plan that supports weight loss and lifestyle transformation.



- **DVD and Online Fitness Classes:** Accessible workouts that reflect his training principles, suitable for various fitness levels.
- **Books and Publications:** Titles such as “Make the Connection” and “The 30-Day Get Real Diet” provide readers with actionable strategies to improve health.
- **Workshops and Seminars:** Live events that focus on motivation, goal setting, and overcoming obstacles.

These multifaceted resources highlight Greene’s commitment to education and empowerment, positioning him as more than just a personal trainer but as a wellness mentor.

## **Comparative Analysis: Bob Greene Versus Other Personal Trainers**

When examining Bob Greene personal trainer in the context of the broader fitness industry, several points of comparison emerge:

### **Approach to Client Wellness**

Unlike trainers who adopt a purely physical focus, Greene’s work incorporates emotional and psychological dimensions. This approach aligns with emerging trends in fitness that advocate for mind-body integration, making his services appealing to clients seeking more than just physical transformation.

## Accessibility and Inclusivity

Bob Greene's programs are designed to be accessible for a wide demographic, including those who may feel intimidated by traditional gym environments. His emphasis on gradual behavior change and realistic goal setting addresses common barriers in fitness adherence, such as lack of motivation or prior failed attempts.

## Celebrity Association and Public Perception

Working with high-profile clients like Oprah Winfrey has granted Bob Greene a level of credibility and visibility that few personal trainers achieve. This association has both elevated his brand and invited scrutiny, with some critics questioning whether celebrity endorsements overshadow the efficacy of his methods. However, independent reviews and user testimonials often speak to the practical benefits of his programs.

## Strengths and Limitations of Bob Greene's Training Model

### Strengths

- **Holistic Integration:** Combining fitness, nutrition, and mindset facilitates comprehensive wellness.
- **Proven Track Record:** Long-term client success stories and bestselling publications underscore effectiveness.
- **Adaptability:** Programs cater to various fitness levels and personal circumstances.

- **Educational Focus:** Emphasis on knowledge empowers clients to maintain healthy habits independently.

## Limitations

- **Potential Cost Barrier:** Personalized coaching and premium resources may be less accessible to budget-conscious individuals.
- **Less Emphasis on High-Intensity Training:** Those seeking intense, performance-driven programs might find Greene's approach less rigorous.
- **Limited In-Person Availability:** While digital content is abundant, personal sessions are less accessible outside major metropolitan areas.

## Impact on the Fitness Industry and Legacy

Bob Greene personal trainer has influenced the fitness world by championing a model that values emotional wellness as much as physical conditioning. His pioneering work in behavior change techniques anticipated the now-popular integration of mental health in fitness regimens. Moreover, his media presence and published works have contributed to shaping public discourse around sustainable health practices.

Trainers and wellness professionals often cite Greene's methods when developing client-centered programs that prioritize long-term success over quick fixes. His legacy is evident in the growing acceptance of personalized, empathetic coaching frameworks within the industry.

## Future Prospects and Innovations

As the fitness landscape evolves, Bob Greene continues to adapt by embracing digital platforms and telehealth services. Integrating technology with his holistic philosophy positions him well to meet the demands of a more health-conscious and convenience-oriented clientele. Future expansions may include AI-driven personalization and enhanced virtual coaching experiences, further broadening his impact.

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In evaluating the role and influence of Bob Greene personal trainer, it becomes clear that his unique blend of fitness expertise, behavioral psychology, and motivational coaching sets him apart. While not without limitations, his comprehensive approach addresses the complexities of wellness in a way that resonates with many seeking meaningful and sustainable change. As the industry progresses, Greene's model offers valuable insights into how personal trainers can evolve to meet the holistic needs of their clients.

## **Bob Greene Personal Trainer**

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**bob greene personal trainer:** *Bob Greene's Total Body Makeover* Bob Greene, 2010-05-11 From Bob Greene, bestselling author of *Get With the Program!*, comes a comprehensive, innovative twelve-week plan for transforming your body inside and out. With Bob Greene's *Total Body Makeover*, you'll achieve maximum results in a minimum amount of time! Knowing that great health and fitness begin with the right state of mind, Greene addresses the important emotional issues

behind poor exercise and eating patterns and provides the motivational tools needed to achieve your fitness goals, as well as develop practical and beneficial habits for lasting results. You'll be inspired and moved by reading the compelling true-life success stories of real people who have taken the challenge and who have changed their bodies -- and lives -- in ways they never dreamed possible! Whether you're struggling to lose that last ten pounds or searching for a radical weight-loss solution, the twelve-week makeover challenge is the answer to your fitness goals. After committing to the program, you'll find illustrated step-by-step workout guides for all fitness levels, combining progressive cardiovascular and intensive strength training exercises designed to revitalize your metabolism and get noticeable results fast. Each of the accelerated workouts has been created to energize and invigorate your body and mind while you have fun and trim down in the process! In addition, Greene takes a fresh approach to the question of diets by providing key nutritional guidelines that work in conjunction with any healthy eating plan, and he explains many of the popular diets on the market today to help you choose the one that's right for you. Finally, there is helpful advice on making the transition back to your everyday life: how to avoid regaining the weight you've lost, and how to maintain healthy exercise and eating habits for life. While many books leave you wondering what to do next, Bob Greene's Total Body Makeover offers enthusiastic and informative hands-on advice and tips beyond eating and exercise, and teaches you how to make your own happiness and well-being the foundation of an active and healthy life.

**bob greene personal trainer:** *Get with the Program* Bob Greene, 2001-01-01 The bestselling author of *Make the Connection* delivers the keys to losing weight and staying fit for a lifetime. *Get with the Program!* can inspire readers to reach and maintain their weight and fitness goals.

**bob greene personal trainer:** *The Get with the Program! Daily Journal* Bob Greene, 2002-06-04 A daily companion journal to the New York Times bestseller *Get With the Program!*, this book is conveniently spiral-bound, so it's easy to fill in the written exercises and view instructions and photos of the physical exercises. It's highly recommended for people who have had trouble losing weight and are serious about getting in shape--physically and emotionally. Illustrations.

**bob greene personal trainer:** *The Best Life Diet Cookbook* Bob Greene, 2008-12-30 From fitness and nutrition expert Greene comes a cookbook that complements his phenomenally popular *Best Life Diet*, perfect for anyone who loves food and is interested in health.

**bob greene personal trainer:** *Get with the Program Guide to* Bob Greene, 2001-01-01 Greene makes getting with the program easier than ever with this new guide to great food for good health. Includes more than 50 recipes that are as scrumptious and easy to prepare as they are delicious.

**bob greene personal trainer:** *The Best Life Diet* Bob Greene, 2006-12-26 From the bestselling author of *Get With the Program!* and Bob Greene's *Total Body Makeover* comes *The Best Life Diet*, a lifetime plan for losing weight and keeping it off. Bob Greene helped Oprah achieve her dramatic weight loss, and he can help you too. You'll eat the same delicious food that Oprah enjoys, and, just like Oprah, you'll have Bob to encourage you at every step. Unlike a celebrity, however, you don't need to hire a staff of experts to aid and advise you, because Bob's plan, easily tailored to an array of tastes, lifestyles, and activity levels, acts as your personal trainer and private nutritionist. Just open the book and let Bob help you get started down the path toward your best possible life. What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult: seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets, only to backslide and regain the pounds they've shed, have taught him that dropping pounds is not simply a numbers game. By acknowledging that it is not simple laziness but a complicated web of social rituals, cultural expectations, and habits that drives people to gain weight, Greene is able to attack the problem of weight loss realistically and offer not a short-lived, quick-fix formula, but a long-term program that accounts for the challenges and constraints of the real world. Divided into three phases, *The Best Life Diet* gives you the tools you need to change your life. In each phase, you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results. The book also includes easy-to-follow meal plans that make it simple to meet your daily energy and nutrient requirements, whether you are on

the run and breakfast means a quick smoothie or you have time to shop for fresh produce and make something special. You'll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire-Roasted Tomato-Shrimp Veracruz, Chicken Sausage Jambalaya, or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp. And for each delicious recipe, there is a detailed nutritional analysis, so you know exactly what you are eating and how it fits into your personal eating plan. Most important, Bob's plan doesn't end once you've lost the weight. Instead, it gives you the tools you need to make living your best life second nature, because for Greene, a diet is not something you go on or off but a set of guidelines that will help you claim the life you deserve.

**bob greene personal trainer:** *The Best Life Diet Daily Journal* Bob Greene, 2008-12-30 In *The Best Life Diet*, bestselling author Bob Greene gave you the keys to losing weight and keeping it off. In *The Best Life Diet Daily Journal*, the essential companion volume, Greene gives you the tools you need to stay motivated. No matter what phase of the program you are in, this beautifully designed book will reinforce your long-term personal plan for health and emotional well-being. Each day has space that helps you assess how well you've met your daily goals as well as a place to record your feelings and eating patterns. A weekly summary gives you an easy-to-evaluate snapshot of your progress, allowing you to begin the next week of your program with a clear picture of what you did well, where you fell short, and how you can improve.

**bob greene personal trainer:** *American Beat* Bob Greene, 2017-10-21 From the bestselling author of *Make the Connection* and *The Best Life Diet* comes a compendium of writings focused on the various aspects of life in America. In this collection of Bob Greene's witty and poignant writings, the bestselling author, exercise physiologist, and personal trainer draws on his expertise as he explores the diverse facets of life in the United States. Including his essays from *Esquire*, his syndicated columns from the *Chicago Tribune*, and his pieces from ABC's *Nightline*, *American Beat* covers a variety of personal and public problems that will resonate with lovers of all things Americana.

**bob greene personal trainer:** *The Best Life Diet Revised and Updated* Bob Greene, 2008-12-30 From the bestselling author of *Get With the Program!* and *Bob Greene's Total Body Makeover* comes *The Best Life Diet*, a lifetime plan for losing weight and keeping it off. Bob Greene helped Oprah achieve her dramatic weight loss, and he can help you too. You'll eat the same delicious food that Oprah enjoys, and, just like Oprah, you'll have Bob to encourage you at every step. Unlike a celebrity, however, you don't need to hire a staff of experts to aid and advise you, because Bob's plan, easily tailored to an array of tastes, lifestyles, and activity levels, acts as your personal trainer and private nutritionist. Just open the book and let Bob help you get started down the path toward your best possible life. What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult: seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets, only to backslide and regain the pounds they've shed, have taught him that dropping pounds is not simply a numbers game. By acknowledging that it is not simple laziness but a complicated web of social rituals, cultural expectations, and habits that drives people to gain weight, Greene is able to attack the problem of weight loss realistically and offer not a short-lived, quick-fix formula, but a long-term program that accounts for the challenges and constraints of the real world. Divided into three phases, *The Best Life Diet* gives you the tools you need to change your life. In each phase, you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results. The book also includes easy-to-follow meal plans that make it simple to meet your daily energy and nutrient requirements, whether you are on the run and breakfast means a quick smoothie or you have time to shop for fresh produce and make something special. You'll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire-Roasted Tomato-Shrimp Veracruz, Chicken Sausage Jambalaya, or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp. And for each delicious recipe, there is a detailed nutritional analysis, so you know exactly what you

are eating and how it fits into your personal eating plan. Most important, Bob's plan doesn't end once you've lost the weight. Instead, it gives you the tools you need to make living your best life second nature, because for Greene, a diet is not something you go on or off but a set of guidelines that will help you claim the life you deserve.

**bob greene personal trainer: Keep the Connection** Bob Greene, 1999-05-05 The trainer who helped Oprah and millions of others, make the mind-body connection now shows readers how to keep their bodies looking and feeling better than ever! In *Make the Connection*, millions of readers joined Oprah Winfrey and Bob Greene in their groundbreaking and highly successful campaign of weight loss and exercise. Now Greene helps readers take the important next step, keeping the weight off and developing and maintaining great muscle tone. In this series of step-by-step instructions for firming up those hard-to-change body parts such as thighs, hips, abdominals, and upper arms, Greene offers the same no-nonsense and highly manageable strategies that made *Make the Connection* a godsend for so many struggling dieters. Each exercise in the book is illustrated with photographs of Greene and his clients, allowing readers to work out safely and effectively. In addition to his exercise tips, Greene provides motivational techniques on looking and feeling great, as well as delicious, low-fat recipes that are easy to prepare. By showing readers that it is possible to achieve their goals without fads or quick fixes, he offers the tools to reach a whole new level of health and well-being.

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**bob greene personal trainer: *He Was a Midwestern Boy on His Own*** Bob Greene, 2014-05-24 American exercise physiologist, certified personal trainer, and writer Bob Greene takes a walk down Main Street, USA in this new collection of essays compiled from his popular newspaper column and magazine articles. Celebrating the astonishing people he has met, places he has been, and things he has seen, Bob Greene has put together a collection of his very best work in this pages of *He Was a*

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**bob greene personal trainer: The Best Life Guide to Managing Diabetes and Pre-Diabetes** Bob Greene, John J. Merendino Jr., M.D., Janis Jibrin, M.S., R.D., 2009-11-03 Bob Greene has helped millions of Americans become fit and healthy with his life-changing Best Life plan. Now, for the first time, Oprah's trusted expert on diet and fitness teams up with a leading endocrinologist and an expert dietitian to offer a Best Life program tailored to the needs of people with diabetes and pre-diabetes. Coping with the unique challenges of living with these conditions can feel like a full-time job. That's why The Best Life Guide to Managing Diabetes and Pre-Diabetes takes a gradual, three-phase approach to improving diet and increasing physical activity and provides strategies for staying motivated. While offering clear guidance, the program is flexible enough that you can tailor it to your needs and abilities. The result: A way of living that improves blood sugar and helps you stave off heart disease, neuropathy, and other diabetes- and pre-diabetes-related conditions while reaching and maintaining a healthy weight. This comprehensive yet readable volume offers the information you need to protect your health whether you are controlling your disease simply with diet and exercise, are taking drugs orally, or need injected insulin. Detailed but flexible meal plans take the guesswork out of eating without making you a slave to the food scale or measuring cups. With complete nutritional analyses, the recipes for budget- and family-friendly dishes such as Vanilla Peanut Butter Smoothie, Cheesy Cornbread, and Slow-Cooked Pork ensure that you never have to sacrifice tasty food. Extensive reference sections, including a complete guide to diabetes drugs and a chart of the carbohydrate value of foods, give you quick answers you can trust, while a log for tracking your blood sugar readings, exercise, and medication helps you stay organized without hassle or added expense. With The Best Life Guide to Managing Diabetes and Pre-Diabetes, you won't have to let your life be defined by your diagnosis.

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**bob greene personal trainer: Bob Greene's Total Body Makeover** Bob Greene, 2005 Bob Greene lays out a no-nonsense, accelerated program for physical transformation. Best of all, the exercise and nutrition regimen is easily customized for any diet plan--South Beach, the Zone, Atkins,



Dr. Phil, Dr. Ornish, and Somersizing.

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**bob greene personal trainer:** *The Get With The Program! Guide to Fast Food and Family Restaurants* Bob Greene, 2004-01-01 It's not where you eat, it's what you eat! From Bob Greene, the bestselling author of *Get With the Program!*, comes a handy portable guide to dining out. With healthy choices from more than 75 fast food and family restaurants, including Applebee's, The Olive Garden, Kentucky Fried Chicken, McDonald's, Burger King, Domino's Pizza, Subway, Dairy Queen, and Taco Bell, now you can feel confident about staying on the Program when dining out with friends or family. There are no confusing nutritional charts or graphs -- just simple, honest advice for those of us who enjoy dining out. Each restaurant listing offers Bob's Top Picks for healthy and delicious options, as well as a list of menu items that are not on the Program. With tips on portion control, beverage choices, and balancing fat, carbohydrates, and protein, this is an indispensable book for anyone who dines out once a year or once a week. Whether you're on the Program or just getting started, you will turn to *The Get With the Program! Guide to Fast Food and Family Restaurants* to make smart choices when dining out.

**bob greene personal trainer:** *Oprah Winfrey* Katherine E. Krohn, 2008-09-01 A biography of Oprah Winfrey.

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