

BOB GREENE BACKGROUND

Bob Greene is an exercise physiologist and certified personal trainer specializing in fitness, metabolism, and weight loss. He is a frequent guest on *The Oprah Winfrey Show*. He is also a contributing writer and editor for *O The Oprah Magazine*, and writes on health and fitness for Oprah.com. Greene is the best-selling author of *Make the Connection*, *Get With the Program!*, and *The Get with the Program! Daily Journal*.