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Chris Mohr
Louisville, Kentucky
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"I believe that nutrition is probably the missing piece of the puzzle for a lot of people."

meet**chris**

Chris Mohr

Louisville, Kentucky

Education:

PhD in Exercise Physiology, University of Pittsburgh;
Masters in Nutrition, University of Massachusetts,
Amherst; RD

Memberships:

NSCA, ACSM

Specialty:

Sports nutrition and weight loss are my two areas of focus. And I offer trainers the ability to contract my services as a dietitian on their client's behalf. Visit for more information, www.mohrresults.com.

Chris on important nutrition advice:

It's important to not make everything so complicated. It's important to talk about proper portions, trying to eat whole, natural-type foods versus relying on the quick-fix

bars, supplements and everything else, although they do play a role. Always try to focus on just eating natural foods, of course to improve their diet, but also their health, their body or reaching their goals.

Chris on how nutrition can play a role in a trainer's services:

I believe that nutrition is probably the missing piece of the puzzle for a lot of people. Besides hiring registered dietitians, independent trainers can make general recommendations to a client —very simple, straight-forward advice where you are not technically creating diets for these people, but are just providing general nutrition information.