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Dr. Chris Mohr, PhD, RD, is a highly regarded nutrition, fitness, and wellness expert. He is the co-founder of “Mohr Results, Inc” a company that helps individuals from soccer moms to professional athletes, and corporations achieve optimal health and well being through education, nutrition, and behavioral change. Dr. Mohr’s expertise is sought out by media outlets and corporations including the **Discovery Health Channel, Clif Bar, Waterfront Media, and Nordic Naturals**, among others. He was the nutrition consultant for the NY Times Bestselling book, *LL Cool J’s Platinum Workout* (Rodale Press, December 2006) and co-authored *Fitness Nutrition for Special Dietary Needs* (Human Kinetics, May 2007). Dr. Mohr is the Sports Nutrition Advisor to *Men’s Fitness Magazine* and has written over 500 articles for consumer publications, newspapers, and websites, such as *Men’s Health, Fitness Magazine, Men’s Fitness, and Weight Watchers Magazine* to name a few.

He has appeared on the Montel Williams Show as a nutrition expert, is a regular nutrition expert on radio and TV outlets in Louisville, KY, and has appeared on CBS, NBC, FOX, and ABC affiliates throughout the country. Dr. Mohr serves as a media spokesperson for **The Tea Council of the USA, USA Rice Federation, Gourmet Garden, Nordic Naturals, and the Wild River Grilling Company**. He has assisted public relations companies including **Pollock Communications** (New York), **Ogilvy** (Atlanta), **Richartz, Fliss, Clark & Pope** (New York), and **Porter Novelli** (New York) to provide scientifically accurate nutrition and wellness messaging for their products. He can be heard weekly on WHAS-AM radio in Louisville, KY and often appears on WHAS-TV (ABC) as a nutrition expert. Dr. Mohr has Bachelor and Master of Science degrees in nutrition from The Pennsylvania State University and the University of Massachusetts, respectively. He received his PhD in exercise physiology from the University of Pittsburgh, and is a registered dietitian and board certified specialist in sports dietetics.

Here's what Dr. Mohr's clients are saying...

"As a food and nutrition communications agency, it is important to have experts to call upon for counsel about key trends and messaging for our clients. Dr. Mohr is not only highly knowledgeable about all things nutrition and fitness; he also has a great understanding about the types of messages that resonate with the public due to his work with individual clients and with the media. Dr. Mohr is a pleasure to work with and always provides valuable insights on health and fitness topics relevant to our clients." **-Melissa McAllister, Senior Vice President, Pollock Communications**

"Dr. Chris Mohr is an asset to anyone working in the health, wellness and nutrition space. He is the perfect combination of nutritional advice and fitness counsel all delivered in a conversational and relatable style. Whether serving as a spokesperson delivering messages or as a consultant working with teams, he is efficient, smart and a pleasure to work with." **-Bill Reihl, Executive Vice President, Strategy + Planning, Ogilvy Public Relations Worldwide**

"Chris Mohr is a forward thinker when it comes to nutrition. He is on top of the latest research in nutrition and wellness, which is a great asset to companies looking to stay on the cutting edge and offer products and programs that make good sense to consumers." **-Tara Dellolacono Thies, RD, Nutrition Strategist, Clif Bar & Co**

"Dr. Christopher Mohr just plain gets it! He understands the value of fueling the body high quality nutrients to enhance physical and mental performance. This is very apparent through his lectures, written articles, and TV media appearances. Dr. Mohr is an amazing resource for us to have – he has the rare ability to communicate the often complex world of nutrition jargon into simple, consumer language." **-Bill Gillette, Founder, Wild River Alaska Salmon Company**

"Chris Mohr is very likely the most knowledgeable nutritionist and exercise physiologist who I have ever worked with. His enthusiasm comes across in waves to our radio clients. It's very obvious that he not only talks the talk, he walks the walk-he speaks with an authority based on practice as well as education." **-Cindi Sullivan, Living Better with Cindi Sullivan, 84WHAS, Louisville, KY**

"At a time where more people see the need to correct their eating and physical activity habits, Dr. Chris Mohr provides an invaluable service in a way people can understand. His ability to communicate releases the fear and self doubt on getting in shape and taking care of one's body, yet his advice is practical and realistic and will allow anyone to make change!" **-Tony Cruise, "Tony Cruise Show", WHAS 840 AM, Louisville, KY**