



# ROBERT REAMES

ACCREDITED FITNESS TRAINER & NUTRITIONIST  
CSCS, \*D, CN, CPT  
AFTRA/SAG

## Television

Dr. Phil Fitness Trainer/Nutritionist Peteski/Syndication

As Head Fitness Trainer for Dr. Phil's Ultimate Weight Loss Challenge and Ultimate Weight Loss Solution, Robert appears on-camera and runs the day-to-day exercise and nutrition plans for all challengers. (9<sup>th</sup> season)

## Contributor Appearances

The FOX News Channel	Guest Expert (frequent)	FOX News Channel
The Early Show	Guest Expert (frequent)	CBS Network
The Doctors	Guest Expert (frequent)	CBS/Paramount
Rachel Ray Show	Guest Expert	CBS/Paramount
Access Hollywood Live	Guest Expert	NBC
Extra	Guest Expert	NBC
Good Day LA	Guest Expert (frequent)	KTTV-LA/FOX
QVC for Mio Watch	Guest Expert	QVC
The Craze	Contributor/Fitness Expert	Fit TV/Discovery Networks
Extreme Makeover	Contributor/Fitness Expert	Endemol/ABC
Morning News	Guest Contributor	KTLA - Los Angeles-WB

## Books/DVD/Video

Robert Reames Lifestyle Transformation System		Big Vision
Make Over Your Metabolism	Author	Meredith Books
Extreme Makeover Fitness	Host/Fitness Trainer	Buena Vista Home Video
VEEP (Visual Eating and Exercise Program)	Host/Spokesperson	Look Cut Inc.

## Radio

KIIS-FM/Los Angeles	KOST-FM/Los Angeles	KBIG-FM/Los Angeles
KFSH-FM/Atlanta	Westwood One/Dallas	KQQL-FM/Minneapolis
KYGO-FM/Denver	KENZ-FM/Salt Lake	KISS-FM/Phoenix
KOA-AM/Denver	KOOL-FM/Phoenix	KNUS-AM/Denver

## Print/Online Features & Contributions

<i>Forbes</i>	<i>Diabetes</i>	<i>Women's World</i>
<i>Family Circle</i>	<i>Fitness Magazine</i>	<i>Self</i>
<i>Better Homes &amp; Gardens</i>	<i>Prevention Magazine</i>	<i>Heart Healthy Living</i>
<i>Parentsask.com</i>	Precor.com	<i>Men's Fitness</i>
Dr.Phil.com	Miowatch.com	Women's World
Epregnancy Magazine	<b>Heart Healthy Living</b>	

## Accolades/Affiliations

Gold's Gym Fitness Institute/Gold's Spokesperson and International Advisory Board (5<sup>th</sup> year)  
National Strength & Conditioning Association – Recertified with Distinction Honor Roll  
Ball State University College of Communications Alumnus of the Year 2005-06  
Member of the National Strength & Conditioning Association