



Bob Greene is head of the highly acclaimed Best Life Diet brand. Through his books and website TheBestLife.com, Greene has helped millions to lose weight and live their own personal best life.

In January 2009, Greene released two new books: “The Best Life Diet: Updated and Revised” and “The Best Life Diet Cookbook.” These two titles follow Greene’s five previous bestsellers, all of which were #1 on the *New York Times* Best Seller List. The original “Best Life Diet” written in 2006, was a mainstay on the *New York Times* Bestseller List for 31 weeks.

In 2007, “The Best Life Diet” was named #1 Diet Book by Consumer Reports. That same year, TheBestLife.com was the fastest selling online program in America based on subscription sales. The Best Life Diet seal of approval is now carried on more than 25 major supermarket brands. The seal was created by Greene so consumers could more easily identify products that measure up to the Best Life Diet taste and nutrition standards.

Greene has worked with Oprah Winfrey for more than 15 years and is perhaps best known as her personal trainer. He has made dozens of appearances on “The Oprah Winfrey Show” and become a contributor to *O the Oprah Magazine*. He also writes health, nutrition and fitness articles for Oprah.com and his own website TheBestLife.com.

Greene is an exercise physiologist and certified personal trainer specializing in fitness, metabolism and weight loss. He holds a master’s degree from the University of Arizona and is a member of the American College of Sports Medicine and the American Council on Exercise. For the past 27 years he has worked with clients and consulted on the design and management of fitness, spa and sports medicine programs.