



ROBERT REAMES

ACCREDITED FITNESS TRAINER & NUTRITIONIST
CSCS, *D, CN, RTS1, CPT
AFTRA/SAG

Television

Dr. Phil Fitness Trainer/Nutritionist Kingworld/Syndication

As Head Fitness Trainer for Dr. Phil's Ultimate Weight Loss Challenges, Robert appears on-camera and runs the day-to-day exercise and nutrition plans for all challengers.

Adult Weight Loss Challenge	Teen Weight Loss Challenge	Big Burden
Bridal Weight Loss Challenge	Family Weight Loss Challenge	Staying Alive in 2005
Elgin Weight Loss Challenge	First Wives Club	Booty Camp
	Summer Slim 2006	

Contributor Appearances

FOX Morning News	Guest Expert	FOX News Channel
The Early Show	Guest Expert	CBS Network
Good Day LA	Guest Expert	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
Morning News	Guest Contributor	KWGN – Denver-WB
Good Day Colorado	Guest Contributor	KDVR – Denver-FOX
Evening News	Guest Contributor	KMGH - Denver-ABC
Good Things Utah	Guest Contributor	KTVX – Salt Lake City-ABC

Books/DVD/Video

Make Over Your Metabolism	Author	Meredith Books
Extreme Makeover Fitness	Host/Fitness Trainer	Buena Vista Home Video

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>Fit</i>	<i>Fitness Magazine</i>	<i>Self</i>
<i>Better Homes & Gardens</i>	<i>Prevention Magazine</i>	<i>Heart Healthy Living</i>
<i>Sweat Magazine</i>	<i>Phoenix Magazine</i>	Precor.com
<i>Sonik Magazine</i>	Dr.Phil.com	GoPhysical.com
<i>Epregnancy Magazine</i>	<i>Today's Arizona Woman Magazine</i>	<i>Next Level Magazine</i>

Accolades/Affiliations

Gold's Gym Fitness Institute – Gold's Gym's International Advisory Board
National Strength & Conditioning Association – Recertified with Distinction Honor Roll
Ball State University College of Communications Alumnus of the Year 2005-06
Member of the American College of Sports Medicine