

# Chris Powell's Choose More, Lose More For Life By Chris Powell

By Chris Powell

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Chris Powell is the trainer and transformation specialist on ABC s highly rated documentary style About Chris; Media; Books; The Show; Resources; Contact; MENU

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Also see Chris Powell s sequel diet book, Choose you missed the parameters in Choose More Lose More about cheat days. Chris definitely gives you the

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Chris Powell holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and

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Christopher "Chris" Powell (born March 2, 1978) is an American personal trainer, reality show personality, talk show host, and author. Powell is best known for his

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About the Author. Chris Powell is the star of and fitness expert of ABC's primetime show, Extreme Weight Loss. Chris holds a degree in Exercise Science, with

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Chris Powell is the trainer and transformation specialist on Chris has filmed three episodes of a His second book, Choose More Lose More, For Life,

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