

CURRICULUM VITAE

RESUMÉ: JONNY BOWDEN, PhD, CNS

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EDUCATION

Clayton College of Natural Health
Degree: Doctorate (PhD) (nutrition)

National Institute of Nutrition Education at American Health Sciences
University
Degree: Certified Nutritionist (C.N.)

New School for Social Research
Degree: Master's Degree (M.A.) (psychology)

New York University
Degree: Bachelor's Degree (B.S.) (music)

**PROFESSIONAL
CERTIFICATIONS
LICENSES EARNED**

- Board Certified Nutrition Specialist (CNS)
Certifying Board of Nutrition Specialists (American College of Nutrition)
- Health Fitness Instructor
American College of Sports Medicine, American Council on Exercise
- Weight Management and Lifestyle Counselor (Gold Certification)
American Council on Exercise
- Medical Exercise Specialist
American Academy of Fitness Professionals
- Certificate in Advanced Metabolic Typing and Analysis
Metabolic Typing Education Center

REPRESENTATIVE EXPERIENCE

- Senior Faculty Member and Program Developer: *Equinox Fitness Clubs*
- Contributing Writer: *America Online*
- Columnist, ("Weight Loss Coach") *i-Village.com, e-Diets*
- Columnist, ("Ask The Health Coach") *Rezoom.com*
- Scientific Board of Advisors/ Contributing Editor: *Total Health Breakthroughs* (Agora Publishing)
- Director of Nutrition, *Cenegenics Medical Institute* Las Vegas, Nevada
- Talk Show Host ("*The Jonny Bowden Show: Your Body, Your Health, Your Life*")
- Regular Health Correspondent: *Sally Jesse Raphael Show*
- Regular Health Correspondent: "*Woman Aloud!*" (Nationally syndicated- Greenstone Media)
- Developed popular course, "*The Art and Science of Weight Loss Coaching*" currently offered through Coach Training Alliance
- Educational Seminar Speaker: *Atkins Nutritionals*
- Spokesperson: *Dasani Water* (Coca-Cola)
- Contributing Editor: *Fitness Magazine, Crosstrainer Magazine*
- Associate Editor, *Total Health Magazine, Remedy Magazine*
- Lecturer and Presenter:
 - Learning Annex
 - NASM (National Academy of Sports Medicine)
 - INNER IDEA (International Dance and Exercise Association) Conference
 - NSCA (National Strength and Conditioning Association) Conference
 - T. Harv Eker's Extreme Health
 - Alex Mandossian's Virtual Seminar Week
 - Equinox Fitness Training Institute
 - American Academy of Fitness Professionals
 - East Coast Alliance Personal Trainer Conference
 - L.A. Times Health and Fitness Festival
 - Boulderfest (Annual Nutrition and Medicine Conference)
 - Clayton College of Natural Health (Adjunct Faculty and Presenter)
 - Coach Training Alliance

PRESS Editorials, Articles, Features and Interviews:

New York Times, US Weekly, People, Time, Chicago Sun-Times, Chicago Tribune, Arkansas Gazette, Seventeen, Family Circle, Cosmopolitan, Shape, New York Post, Men's Health, Allure, Marie Claire, , Fitness, Essence, Redbook, Gentlemen's Quarterly, National Enquirer, The Star, Vogue, In Style, Cosmopolitan, Oxygen, America Online, MSN, Pilates Style, Weight Watchers, Delicious Living, Prevention, Muscle and Fitness, Women's World, Let's Live, Vibe, Bottom Line Health

TELEVISION AND RADIO: *(Representative Appearances):*

MSNBC, CNBC, Fox News, CNN, ABC-TV, NBC-TV, CBS-TV, Martha Stewart and Friends (Sirius Radio), Cosmo Live (Sirius Radio)

CONSULTANT

- Chris Imbo's Peak 10 Video Series
- ESPN Fitness Show
- Cenegenics Medical Institute, Las Vegas, Nevada
- Coca-Cola Company (Dasani Water)
- Atkins Nutritionals

AUTHOR

"The Most Effective Natural Cures on Earth" (Fair Winds Press 2008)

"The 150 Healthiest Foods on Earth" (Fair Winds Press 2007)

- *Living the Low-Carb Life: A Complete Guide from Atkins to Zone* (Sterling, 2004)
- *Jonny Bowden's Shape Up! The 8 Week Plan to Transform Your Body, Your Health, Your Life* (Perseus Books, March 2001)
- *Jonny Bowden's Shape Up Workbook: Eight Weeks to Diet and Fitness Success* (Perseus Books, 2002)