

PORTFOLIO

INTERVIEW WITH
**CHRIS
POWELL**

CELEBRITY
TRAINER

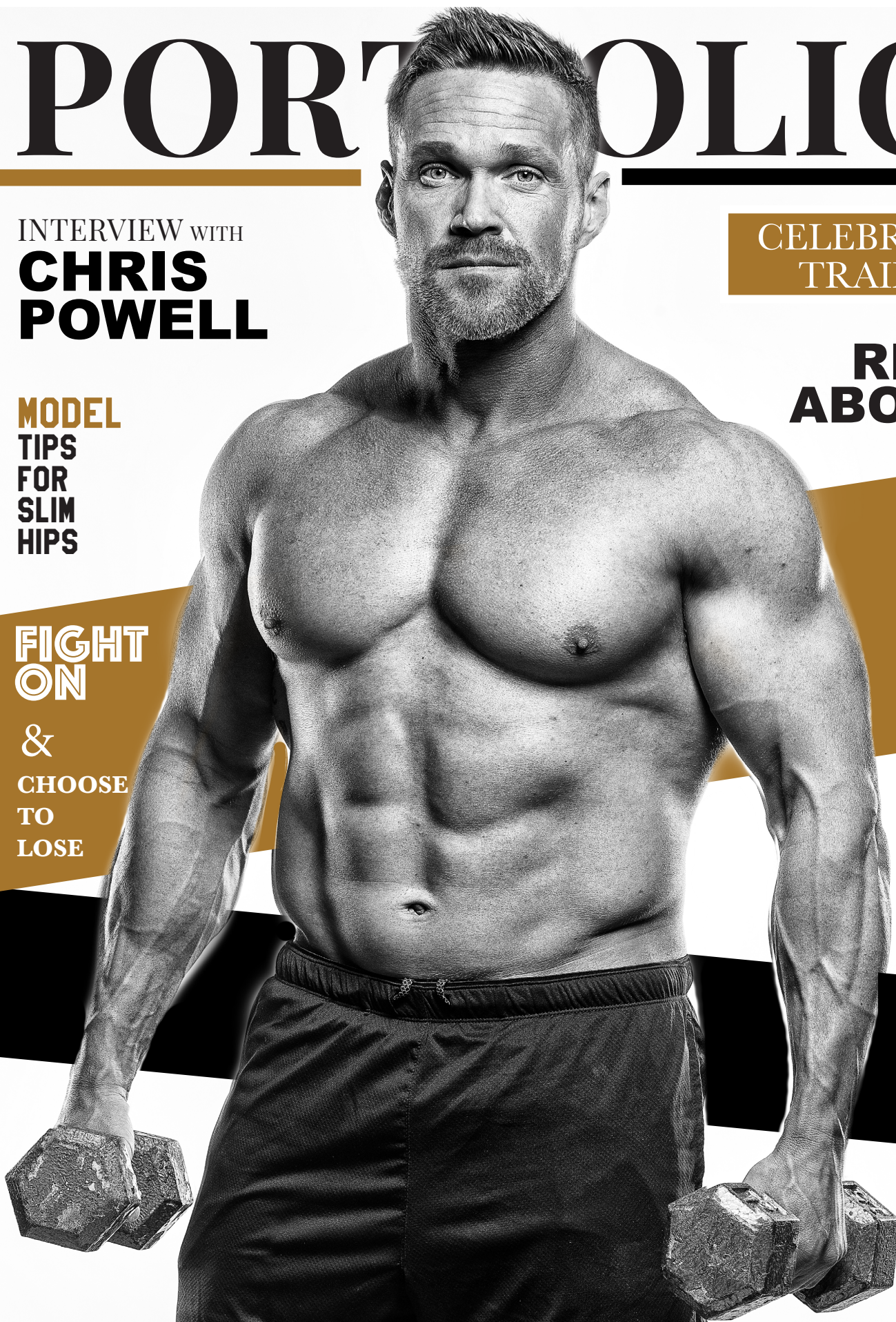
MODEL
TIPS
FOR
SLIM
HIPS

**RISE
ABOVE**

**FIGHT
ON**

&
CHOOSE
TO
LOSE

TRANSFORM





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CHRIS POWELL

HOW DID YOU START OUT AS A PERSONAL TRAINER?

I have been passionate about fitness since I was 14 years old. However, I always planned on being a pilot (even though deep down I didn't like flying!). While studying Exercise Science at Arizona State University, I became a flight instructor and began building my hours. Two days before my first airline interview, the tragic events of September 11, 2001, changed my career path. The airlines fired and furloughed employees for the next two years, and I knew it would be years before I could get a job. So, I decided to follow my heart and passion, and on September 12, 2001, I became a trainer!



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WHAT IS THE BEST WAY FOR A MODEL TO LOSE WEIGHT WITHOUT STARVING THEMSELVES?

The best way is to set realistic expectations for the amount of time the process is going to take to lose weight healthily and correctly. Starvation is a terrible short-term attempt to achieve low body fat. I would personally suggest carb-cycling based on their body type and tracking macros to make sure they are on point. Without a doubt, it is the most effective way to control body composition while feeding the body what it needs!

DO YOU HAVE ANY UPCOMING PROJECTS YOU WOULD LIKE TO SHARE?

We are in the process of expanding our TRANSFORM App into a whole new experience! In addition, we will be continuously rolling out new flavours of our Low-Carb Meal Replacement Shakes and Boost Shots over the next year!



WHAT IS THE BEST EXERCISE TO KEEP YOUR HIPS SLIM?

A calorie deficit! It is way easier to control body composition and reduce the fat on your hips via nutrition. However, I would also recommend squats and lunges for leg and hip muscle development, as well as running to increase calorie expenditure for the fastest results.

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