

## Obi Obadike

### Obi Obadike - Fitness and Nutrition co-host



Obi Obadike is a celebrity fitness and nutrition expert and trainer who has graced the cover of over fifty fitness magazines and has written over 100 articles, making him one of the most published fitness experts over the last 8 to 9 years. He has been featured in mainstream fitness magazines such as *Women's Health*, *Shape Magazine*, *Muscle and Performance*, *Men's Fitness*, *Muscle and Fitness* and other fitness magazines.

In Dec of 2015, he was metrically recognized as the #1 influencer in the world for fitness and health on Twitter by Analytica, a top social media analytic site. In the Fall of 2015 he was the co-host and co-judge on the fitness reality competition show *Sweat Inc.* that aired on Spike TV, also hosted & judged by Jillian Michaels & co-judged and co-hosted by Randy Hetrick, Founder & CEO of TRX. Also in 2015 he and co-author Morris Chestnut signed a major diet and exercise book deal with Hachette's Grand Central Life & Style group, a publisher devoted to publishing the most exciting and authoritative authors and brands in the lifestyle and wellness categories. The book is scheduled to hit the bookstores Spring of 2017.



Obi is also the current co-host of our award winning nationally syndicated Health TV show *Lifestyle Magazine*. He has made national TV appearances as a nutrition and fitness expert on NBC's Access Hollywood and Roland Martin's TV NewsOne TV show as well as Fox Evening News and other national and local TV shows.

In Jan of 2014 Obi was recently recognized by Sharecare.com as one of the Top Ten Most Influential Fitness Experts On The Web. After writing for the largest fitness internet site in the world for bodybuilding.com with a popular column called "Ask The Ripped Dude" for 3 years, he was named Writer of the Year for Bodybuilding.com in Dec of 2012. In May of 2013 he was the lead fitness expert for the Turner Networks's Health and Wellness Entertainment brand called Upwave.

Obi was a Top Division I collegiate track sprinter athlete at Cal State Fullerton where he was the school record holder in the 100 and 200 meters & 400 relay. He was also Co-Athlete of the Year at the university and he holds B.A.B.S and M.S. degrees. He also holds a certification as a fitness and nutrition expert with the ISSA. And he was an All-Big West Conference performer two years in a row.

With a desire to inspire people all over the world to be as healthy as they can be, Obi is a welcome addition to our Lifestyle Magazine hosting team.

You can interact with Obi on his social media pages at:

Facebook: [www.facebook.com/ObiObadikeFitness](http://www.facebook.com/ObiObadikeFitness)

Twitter: @Obi\_Obadike

Website: [www.obiobadike.com](http://www.obiobadike.com)

