

# Jim White, RDN, ACSM-HFS



# About

Jim White is a nationally recognized registered dietitian nutritionist, American College of Sports Medicine Exercise Physiologist and owner of three Jim White Fitness and Nutrition Studios, three medical nutrition therapy practices and a workplace wellness corporation.

He has been quoted in thousands of publications and featured in hundreds of television and radio segments nationwide. He has experience conducting seminars, interviews and appearances all around the country. To view a sample, visit: <http://bit.ly/2opSBOT>

In his free time, White enjoys giving back through his very own non-profit, the LIFT Fitness Foundation, which focuses on creating a foundation of wellness to empower individuals in need.

# Accomplishments, Awards & Accolades

- Owner of Jim White Fitness & Nutrition Studios (3)
- Owner of Jim White's Workplace Wellness
- Owner Jim White's Medical Nutrition Therapy practices (3)
- Founder of LIFT Fitness Foundation
- American College of Sports Medicine Spokesman
- Former Academy of Nutrition and Dietetics Spokesman
- Men's Fitness & Oxygen Advisory Board
- Regional Board of Directors member for the National Strength & Conditioning Association
- 2016 Personal Fitness Professional (PFP) Personal Trainer of the Year
- 2015 Youngstown State University Alumni Award
- 2014 Academy of Nutrition and Dietetics Consultation & Business Practice Award
- 2014 Young Entrepreneur Award
- 2013 Entrepreneur Excellence Award
- 2012 Health Care Hero Award
- 2009 Virginia's Young Dietitian of the Year

# Reach

**10.8K**

**Facebook**

**9.5K**

**Twitter**

**12.3K**

**Instagram**

**12.7K**

**Podcast Listens**

**9.2K**

**Blog Reach**

**8.3K**

**Newsletter  
Subscribers**

# Press

**MEN'S FITNESS**

oxygen



**MUSCLE  
& FITNESS**

**FLEX**

The New York Times

**Men's Health**

**SELF**

**SHAPE**

The Washington Post



**TODAY**

**MEN'S JOURNAL**

THE HUFFINGTON POST

**DETAILS**

 **USA TODAY**

# Media Testimonials

“I have interviewed many guests over the years. However, one that sticks out is Registered Dietitian, Jim White. He is a fun, knowledgeable, and professional guest that has great information on all things fitness and Nutrition.” - Melanie Cole, Host of RadioMD

“I'm often on very tight deadlines and Jim has also managed to squeeze in a call or email to comment for my stories. Not only does he provide sound facts, but he also provides context and examples often leading me to another story idea.” - Jennifer Murphy Writer and editor for the *Wall Street Journal*

“Jim White is one of my go-to sources for fitness and nutrition expertise. He's always quick to respond, easy to understand, enjoyable to talk to and well-equipped to answer whatever questions I throw his way.” - Anna Medaris Miller, health and wellness editor at *US News & World Report*

“I've called on Jim for fitness and nutrition work with GQ, Men's Health and the Washington Post, among others, and he's never less than knowledgeable, responsive and helpful — a rare combination, and one that makes him a go-to source.” — Jeff Vrabel, GQ.com

# Connect

1577 Laskin Road, Suite 105

Virginia Beach, VA 23451

757.749.8469

[jim@jimwhitefit.com](mailto:jim@jimwhitefit.com)

[jimwhitefitexpert.com](http://jimwhitefitexpert.com)



# Spokesperson

Areas of Expertise: Weight Loss, Fitness, Sports Nutrition, Men's Nutrition,  
Creating a Healthy Lifestyle

- Writing Assignments - blog posts, articles, educational materials
- Speaking Engagements
- Media Interviews
- Recipe Development
- Consulting
- Social Media Outreach

Current Clients Include:



Past Clients Include:

