



Chris Johnson Executive Bio

Chris Johnson is the leading authority on small steps to healthy living.

As Founder/CEO of On Target Living, Chris is a highly respected expert and accomplished executive, who has spent over 30 years researching and building optimal health and performance programs for individuals and corporations. He is the architect of the Food Target® that shifts from counting calories to concentrating on the nutrient values of foods that guide healthy choices.

A trusted advisor to Fortune 100 executives, athletes, coaches and politicians, Chris' On Target Living program helps them achieve work-life balance with proper rest, better nutrition, and increased performance and mental agility with proper exercise. Chris developed his well-versed perspective from his vast experience in consumer goods, health care and sports medicine. Today he travels the world inspiring and educating audiences, conducting leadership team retreats and personal consultations.

Chris founded On Target Living after treating thousands of at-risk individuals with chronic ailments. Significantly improved results were attained when focused on taking small steps to Resting, Eating and Moving. Not confronted with taking drastic measures, individuals developed lifelong sustainable habits resulting in lifelong lifestyle changes.

Prior to launching On Target Living, Chris pioneered one of the most successful personal training programs in the country for one of the largest hospital based health clubs in the world, Sparrow Health System's Michigan Athletic Club.

Chris is the author of Meal Patterning, Healthy Nutrition Patterns for Life; On Target Living Cooking, Eat Healthy, Feel Satisfied, One Delicious Meal At a Time and On Target Living Nutrition, The Power of Feeling Your Best.

His newest book On Target Living shares Chris' strategies for prioritizing rest and rejuvenation developing healthy eating habits, and incorporating exercise into a daily routine.

