



Adair Fitness + Nutrition, Inc.

Dominique Adair, M.S., RD, is a nutrition counselor, media resource, curriculum development specialist, college faculty member, motivational speaker, freelance health and nutrition writer, and fitness professional.

Adair directs the operations of Adair Fitness & Nutrition, a Los Angeles-based company designed to educate and empower individuals and corporations to make health-supporting choices through nutrition and exercise. She serves as a consultant to electronic and print media, lectures to health professionals nationally and internationally, develops curricula and texts, teaches as an adjunct professor of biological sciences, and consults to the entertainment industry, corporate wellness programs, athletic teams and organizations, and individuals. Her concentration is in keeping it simple and real to provoke long term change.

She is a nationally recognized nutrition and wellness expert, appearing on a number of television and radio programs including Discovery Network's *Ultimate Goals*, Los Angeles and New York bureaus of ABC, NBC and CBS TV, and is a regular contributor to CNN, FOX, and MSNBC. Interviews and commentary have appeared in Newsweek, USA Today, The New York Post, The New York Times, Self, Cosmopolitan, Fitness, Mademoiselle Magazine, among many others. She also sits on a number of advisory boards, including NASM and ACE for whom she translates scientific research into practicable, meaningful information for their members.

A Registered Dietitian, Adair earned her undergraduate degree at Barnard College/Columbia University and master's degree in clinical nutrition from City University of New York, graduating from both school with phi beta kappa honors. A relocated New Yorker, Adair lives with her husband and nine-year old son in Santa Monica and enjoys the beach, cycling, hiking, and appreciating the outdoors twelve months a year.

