



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. Chris likes to say he was 'raised by wolves'. Growing up struggling with terrible skin and chronic health issues, he had no idea how his lifestyle affected his health. The doctors couldn't help him, and despite all the medications they prescribed, his health did not improve. By his mid-20's, deeply frustrated and feeling hopeless, Chris set out to heal himself. On his quest, he learned how food affects the body, the importance of sleep, and why people need to move. These discoveries transformed his life. Conditions which plagued him for years disappeared, and his energy and attitude reached new heights. Amazed at how good he felt, Chris knew he'd found his calling, and needed to share his discoveries.

Today, Chris works with organizations to transform their performance from the inside out. He applies the principles of REST|EAT|MOVE to educate, engage and inspire teams around the world. Chris graduated from Michigan State University with a Master's Degree in Exercise Physiology and a received his Bachelor's Degree in Business and Economics from Western Michigan University. He holds certifications from The American College of Sports Medicine, The National Academy of Sports Medicine and the American Council on Exercise and Certified Natural Health Professional. Chris earned and maintains a reput...

Testimonials

"I don't think it's an overstatement to say, Chris Johnson and On Target Living, transforms lives."

- Wells Fargo.

"It's been two weeks and I'm still getting positive feedback from the event! I have a feeling this will be a long partnership."

- Michigan National Guard.

Chris Johnson

Speech Topics

- Teambuilding
- Personal Growth
- Peak Performance
- Overcoming Adversity
- Motivation
- Life Balance

