



Taste Life with Unstoppable Energy!

ENERGY IGNITER | SPEAKER | MEDIA SPOKESPERSON | REGISTERED DIETITIAN

Biography for Chere Bork MS RDN

With stories and solutions, Chere Bork, the Energy RD entertains audiences while revealing the science behind how they can taste life with unstoppable confidence! As a Registered Dietitian Nutritionist and Certified Executive Wellcoach®, Chere helps audiences discover the number one key to living a life they love while balancing health in our double cheeseburger.com world.

If you've spent time talking with Chere, (pronounced Sherry) you know she must have been a cheerleader along the way. Ordinary conversations are punctuated with energy, compassion and a genuine interest in what you have to say. Chere has a multitude of gifts a life coach, motivational speaker and media wellness expert. A sought-after media spokesperson for food, healthy living and life balance, Chere is a frequent visitor on local television networks. Chere has more than 30 years of speaking experience, and is amply qualified to talk about nutrition and setting life goals.

Chere speaks nationally and is a member of the National Speakers Association. She travels across the country helping people discover abundant energy, and helping them to create a life of health, passion and purpose. Chere believes that life is easy and that oftentimes we make it hard. She provides simple strategies to make life easier, and helps people discover their purpose and define their values, provide them 'energy tools' to live happily and healthfully. Chere's clients can predict their future because they go out and create it.

Chere has inspired thousands to take control of their lives and live it to the fullest. Audiences leave her sessions bursting with motivation to make long lasting, impactful changes in their work and personal lives.

Chere resides in Minneapolis with her "blue eyed rock" her husband Gary. She is blessed to be the mom of two adult children who she has always affectionately called Dazzlin' Danielle and Brilliant Brett and mom-in-law to kind and caring David and Sami. She has succumbed to love beyond reason as the Gramzie of Rowan James. If she had known how wonderful being a gram was she would have had 12 kids. Chere is crazy in love with the work she does. Get ready to live your life with abundant energy!

