

# Michael J. Hewitt, Ph.D.

With a foundation built on years of experience and education and his comfortable, unassuming speaking style, Michael Hewitt, Ph.D., informs and enlightens groups from health care experts to laymen.

Dr. Hewitt's expertise in exercise physiology and his specialties in body composition, cardiometabolic physiology, exercise for bone health, optimal aging, exercise for weight loss and practical exercise programming have made him a much sought-after speaker for groups around the world.

A recognized exercise and health expert, Dr. Hewitt has been consistently invited to present at the International Longevity Center symposia, YPO forums and University of Arizona Integrative Medicine Program seminars. Dr. Hewitt serves on the Industry Advisory Board to the American Council on Exercise, and on the National Advisory Panel for Speaking of Women's Health.

## Topics

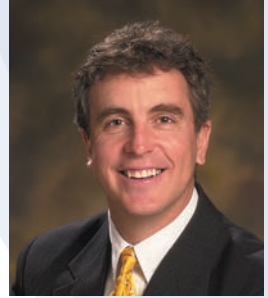
### **OPTIMAL AGING: REWINDING THE CLOCK**

Each of us has three life clocks. While we have no control over our chronological clock, lifestyle has a significant impact on the rate of our biological and psychological aging. Dr. Hewitt enlightens, encourages and stimulates you to incorporate practical physical activity, the only "Fountain of Youth," into the aging processes.

### **FOREVER FIT: YOUR HEALTHY WEIGHT**

Societal "ideal weight" often bears little resemblance to your healthy weight. Culture, lifestyle, individual physiology and your eating/dieting history determines what weight you can expect to achieve and your potential for maintaining that healthy weight. Dr. Hewitt's fun and thought-provoking presentation exposes weight saboteurs, defines a truly healthy weight and empowers you to achieve your goals.

*TOPICS continued on back*



## CREDENTIALS

Doctorate in Exercise Physiology, University of Arizona

Master's degree in Exercise Physiology and Cardiac Rehabilitation, St. Cloud State University

Member of the American College of Sports Medicine since 1982



*Michael's love of water inspires him to spend free time on his sailboat.*

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### ACTIVE FOR LIFE: A PRACTICAL EXERCISE PRESCRIPTION

Lifestyle has as much effect – or more – as genetics in determining lifelong vitality and survival. Using physical activity as a foundation for healthy living, learn what is needed to maintain cardiovascular fitness, muscular strength and endurance, flexibility, a healthy body composition, balance and agility. You can develop a program that will prevent dysfunction and disease, or establish one that will also promote optimal health, enhanced fitness and improved physical performance.

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