

**PHC SEMINAR SERIES PRESENTS:****STAY STRONG TO LIVE LONG****MAY 20, 2015 @ 5:30 PM****RSVP 520-547-1661**

PIMA COUNTY MEDICAL SOCIETY BUILDING

5191 E. FARNESS DR. TUCSON, AZ 85750

LOSS OF STRENGTH IS CONSIDERED TO BE A PRIMARY FACTOR IN THE LOSS OF MOBILITY, LOSS OF INDEPENDENCE, AND DECLINE IN THE QUALITY OF LIFE THAT OFTEN OCCURS AS WE AGE. DR. HEWITT WILL DISCUSS THE CAUSES AND CONSEQUENCES OF LOSS OF MUSCLE MASS AND WAYS TO REDUCE OR PREVENT THE CONDITION.

THIS LECTURE WILL BE FOLLOWED BY A QUESTION & ANSWER SESSION WITH DR. HEWITT, OUR NUTRITIONIST, JIL FELDHAUSEN, AND OUR FITNESS & EXERCISE TRAINER, LETTIE HOLTEN. WE WILL ALSO HAVE THE IN-BODY SCALE FOR MEASUREMENT OF STRENGTH, LEAN MUSCLE MASS & PERCENT BODY FAT.

**Michael J. Hewitt, Ph.D.**

Michael Hewitt, Ph.D., is the Research Director for Exercise Science at Canyon Ranch Health Resort in Tucson, Arizona. He holds Bachelor's and Master's degrees from his home state of Minnesota, and completed his Ph.D. in Physiology at the University of Arizona, with an emphasis in Body Composition and Aging. He is a clinical specialist in exercise and aging, cardiometabolic physiology and exercise for bone health. During his twenty-three year tenure at Canyon Ranch, Michael has written over 15,000 individual exercise prescriptions, and lectures on that topic at the College of Medicine at the University of Arizona.



In addition to numerous abstracts, articles and monographs on exercise physiology, his chapter on prescribing exercise has been published in all three editions of the clinical textbook *Integrative Medicine*. Dr. Hewitt serves on the Scientific Advisory Board for the National Speaking of Women's Health Foundation, is an advisor to the non-profit Canyon Ranch Institute and has served on the Industry Advisory Board for the American Council on Exercise (ACE). He has been a frequent keynote speaker for Speaking of Women's Health, Young President's Organization, the International Longevity Center, and the Association of Black Women Physicians.

Michael travels extensively, presenting his favorite topic, *Living Younger Longer*, and has shared the stage with as diverse speakers as the 17<sup>th</sup> Surgeon General Rich Carmona, Astronaut Buzz Aldrin and his Holiness, the Dalai Lama. He is dedicated to preventative medicine and is a champion for the prevention of "sarcopenia," the age-or disuse-related loss of lean body mass.