



Dr. Pamela Peeke is an internationally recognized physician, scientist and expert in the fields of nutrition, metabolism, stress, and fitness. Dr. Peeke is known as an "edutainer," combining her notable wit and energetic passion, with the latest scientific data and common sense approaches to holistic, healthy living, to provide audiences with her healthy living message in a memorable and entertaining mode of delivery. Her speaking and presentation style have earned her the reputation as one of the most requested physician speakers and experts in America. Pamela Peeke has been recognized as one of the leading women physicians in America by the National Institutes of Health.

An avid athlete, Dr. Peeke is also known as the doctor who "walks the talk." guiding people to achieve their mental and physical "Peeke" Performance . A marathoner, mountain climber and hiker, Pamela Peeke and her team enjoy providing participants, Peeke Performers, with the opportunity to join her Peeke Week Retreats for Healthy Living at destination spas throughout the country. Dr. Peeke is the author of the national bestseller *Fight Fat After Forty*, the first consumer book describing the stress-fat connection for men and women. It has become the go-to book for anyone trying to understand why they eat under stress and what to do about it. Dr. Peeke's PBS special, *Fight Fat After Forty: The Stress-Fat Connection*, is nationally syndicated.

Body for Life for Women is Dr. Peeke's New York Times bestseller. Using cutting edge science and a holistic and integrative program, Dr. Peeke shows women how to transform their lives and achieve and maintain their optimal mind and body fitness throughout the decades of their life. Dr. Peeke's companion *Body for Life for Women Workout DVD*...

Dr. Pamela Peeke

Speech Topics

- ▢ Youth
- ▢ Personal Growth
- ▢ Life Balance

