

STOP DIETING, START LIVING

"Most diets are restrictive and unsustainable, leaving the dieter feeling guilty and disappointed. The real keys are to recognize and cope effectively with your triggers for overeating, consistently nourish your body and spirit, rediscover joy in physical activity, and live the fulfilling life you deserve."

MICHELLE MAY, M.D.



MICHELLE GETS IT!

Michelle May, M.D., a physician, author, and recovered yoyo dieter, delivers her crucial and timely message with passion, energy, humor and insight that transform the way her audiences view health and weight management.

Michelle's interest and expertise stem from her personal struggle with chronic dieting and negative body image and her years of clinical experience with patients battling their weight and its consequences. First, she resolved her own weight issues and now she shares a compelling, compassionate and constructive approach that empowers individuals to take charge of their lives.

KEYNOTES AND WORKSHOPS

Am I Hungry? What to Do When Diets Don't Work

- Delve much deeper than the obvious advice of "eat less, exercise more"
- Discover simple, yet powerful internal tools for knowing when, what, and how much to eat
- Learn to balance eating for health with eating for pleasure without guilt!

Am I Hungry? An Innovative Approach to Weight Management

- Understand why diets won't solve the obesity crisis
- Explore six crucial decision points that will change the way people manage their weight
- Learn specific strategies that encourage sustainable healthy eating habits and active lifestyles

Am I Hungry? A Family Centered Approach to Building Optimal Health

- Guide your family to take charge of their lifestyle choices
- Embrace the rewards of a healthy, active and balanced life
- Increase your health, satisfaction and effectiveness

MEMBER
NSA
NATIONAL SPEAKERS ASSOCIATION



MICHELLE'S AUDIENCES GET IT, TOO!

"Your presentation affected me deeply, personally and professionally. You are a real pioneer and creative thinker and will have a real impact on this obesity epidemic. You have inspired me today in a very significant way!"

Member, California Academy of Family Physicians

"We need more programs like yours to change the way we think about food and choices. If employees lived a healthier lifestyle, the V.A. would save money and maintain a healthier workforce." Attendee, Northern Arizona Veterans Administration Health Care System

"Great presentation. This is the best approach to weight loss and lifestyle modification that I have ever seen presented."

Attendee, Women's Health in Primary Care

"I can't begin to tell you how enlightening and inspiring I found your session. Who would have thought weight management could be so enjoyable! I have hope. Kudos!"

Participant, Am I Hungry Workshop

"A fresh perspective on a very tough subject — with a fabulous delivery!"

Attendee, American Academy of Family Physicians

"Dr. May is a "real" person and a great, natural communicator. This has been a life-changing experience."

Participant, Am I Hungry Workshop

"Provocative and very well presented. Gets to the root of the problem we grapple with when treating obesity."

Attendee, American Society of Bariatric Physicians



MICHELLE HAS WORKED WITH...

Action for Healthy Kids
American Academy of Family Physicians
American College of Osteopathic Family Physicians
Americans in Motion
American Medical Women's Association
American Society of Bariatric Physicians
Arizona Dept. of Health Obesity Prevention Program
Arizona Public Service
Canyon Ranch
Discovery Health Channel
Discovery Institute For Women's Health
FDA Forum on Away From Home Foods
Food Safety Information Network
General Mills
Good Samaritan Regional Medical Center
International Association of Eating Disorder Professionals
National Dairy Council 3-A-Day
Naval Hospital Camp Lejeune
Patient Education Conference
Society of Teachers of Family Medicine
Women, Infants, and Children Nutrition Program
World Organization of Family Doctors (WONCA)

Michelle May, M.D. is the author of the award winning book, *Am I Hungry? What to Do When Diets Don't Work*. Called the "antidote for ineffective dieting," *Am I Hungry?* was selected as the basis for the Americans in Motion health campaign by the American Academy of Family Physicians.

