



James O. Hill, PhD is the founding executive director of the Anschutz Health and Wellness Center at the University of Colorado Anschutz Medical Campus. He holds the Anschutz endowed chair in health and wellness and is also professor of pediatrics and medicine.

Dr. Hill served as chair of the first World Health Organization Consultation on Obesity in 1997 and was president of both the Obesity Society and the American Society for Nutrition (ASN). He helped the NIH develop the first US guidelines for the treatment and prevention of obesity. Dr. Hill has published more than 500 scientific articles and book chapters and most recently co-authored *State of Slim*, featuring the Colorado Diet. Many of these focus on the importance of healthy eating and physical activity in weight management. He is the recipient of awards from The Obesity Society, Centrum Center, McCollum and the ASN. Dr. Hill is a co-founder

of the National Weight Control Registry, a registry of individuals who have been successful in maintenance of a reduced body weight. He is co-founder of America on the Move, a national weight gain prevention initiative that aims to inspire Americans to make small changes in how much they eat and how much they move to prevent weight gain.



Holly Wyatt, MD is an associate professor of medicine at the University of Colorado and a physician, clinical researcher and medical director at the Anschutz Health and Wellness Center. She has extensive clinical experience in weight reduction using behavioral treatment, dietary therapy, physical activity interventions, weight loss medications and surgery.

Dr. Wyatt is co-author of the recently published *State of Slim* that reveals how slender Coloradans get and stay that way using the revolutionary Colorado Diet. As medical director of ABC's Extreme Weight Loss show, she uses many of these principles to guide cast members in their weight loss journey. Dr. Wyatt's research interests include measuring resting energy expenditure, fat oxidation, total energy expenditure and activity levels in a weight reduced population. She also studies how diet composition affects long-term success in weight loss maintenance. She has studied subjects who are losing weight with the Atkins' (low carbohydrate) vs. a low fat, high carbohydrate diet. She

has also investigated diet composition, exercise patterns and breakfast consumption in the National Weight Control Registry.



John Peters, PhD is chief of strategy and innovation at the Anschutz Health and Wellness Center and professor of endocrinology, metabolism and diabetes at University of Colorado. Peters, a leading researcher and strategist in nutrition, obesity and diabetes, is charged with designing and implementing groundbreaking nutrition and health research and programming.

Prior to joining the faculty at the University of Colorado in September 2011, he spent 26 years at Procter & Gamble Company in a variety of research and development positions in food and beverage, health care and corporate new business development. He is also involved in several public health initiatives promoting healthy lifestyle behaviors. He is co-founder and chief executive officer of America on the Move (www.americaonthemove.org) and past president of the International Life Science Institute Center for Health Promotion. Peters has published over 120 scientific papers and reviews and co-authored the book "The Step Diet".