



Dr. Paul Arciero

The World's Leading Nutrition
and Performance Scientist

With over thirty years of dedicated science-based research, Dr. Paul is a #1 best-selling author of The Protein Pacing Diet, and the “go-to” content expert by the highest level media outlets, such as O Magazine, The Wall Street Journal, Fox News, Prevention, Good Housekeeping, WebMD, TIME, Huffington Post, Daily Mail, Outside, SELF, Glamour, Shape, Health, Women’s Health, Women’s World, Muscle and Fitness, Men’s Fitness, Men’s Health, and more. He is the scientific “pioneer” of Protein Pacing® and The PRISE® Protocol.

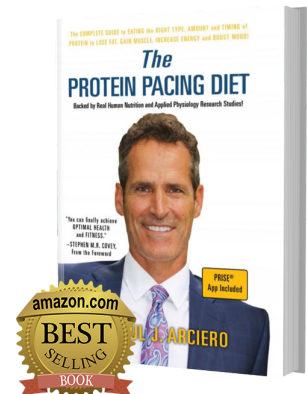
His speeches draw audiences into the tens of thousands, and his devotion to helping people achieve optimal health and peak performance—from Olympians or star athletes to the already overstressed busy person—is contagious.

Dr. Paul Arciero earned advanced graduate degrees in both Nutritional Sciences and Applied and Exercise Physiology. He holds advisory board positions of different organizations, including the International Protein Board (iPB), and is a Fellow of The Obesity Society (FTOS), American College of Sports Medicine (FACSM), and the International Society of Sports Nutrition (FISSN) and has over sixty peer-reviewed published scientific articles.

Keynote Presentations (Packaged or Customizable):

For full description see <https://www.paularciero.com/keynote-presentations/>

- The PRISE Life Protocol – The New Science of Nutrition and Fitness
- Exergaming Meets the PRISE Life Protocol: The Science of Brain Health
- The Health Mindset: Overcoming the Body’s Subconscious Programming
- Peak Performance for Executive Women in the Workplace
- Keep Your Eyes on the PRISE Life to Conquer Obesity



Be on the lookout for his new groundbreaking PRISE Life Book Series 2020. Join with him to end unhealthy eating and exercise habits worldwide, stop the crazy fad diets and harmful exercise over-exertions, and prove that self-care truly is the new health-care. Do yourself the biggest favor of your life and “Keep your eyes on the PRISE” Life by never needing to “diet” again! Please visit www.priselife.com for more information.

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