



Dr. Elizabeth (Beth) Pegg Frates, is a physician as well as a certified health and wellness coach. She graduated magna cum laude from Harvard University, as a double major in psychology and biology. Then, she attended Stanford University Medical School where she chose the specialty of Psychiatry. Dr. Frates came back to Boston for her internship in internal medicine at MGH and her residency at Spaulding Rehabilitation Hospital in the Harvard Department of Physical Medicine and Rehabilitation. There, she served as chief resident and President of the National Resident Physician Committee for the American Academy of Physical Medicine and Rehabilitation.

During her residency, she performed research on topics that launched her career trajectory on the topic of patient and care giver knowledge and expectations for functional recovery after stroke. The results are published in the American Journal of Physical Medicine and Rehabilitation in 2003. Finding there was a gap in patient and care giver knowledge, she co-authored a book to help fill this gap. The book is titled *Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke* (2006) Johns Hopkins University Press. Also, in residency Dr. Frates participated in research surveying physicians on their personal exercise behavior and their exercise counseling behavior which was published in the *Clinical Journal of Sports Medicine* in 2000. This work revealed that physicians who exercise, counsel on exercise. Specifically, those

that did aerobic training counseled on aerobic training, and those that did strength training counseled on strength training. If a physician did not perform a certain type of exercise, he or she did not counsel on it. This study continues to be cited and replicated, reinforcing the need to educate and motivate physicians to embrace exercise as medicine for themselves and their patients.

In 2008, Dr. Frates started her formal journey into lifestyle medicine at the Institute of Lifestyle Medicine (ILM) at Harvard Medical School. Over the past several years, she has worked tirelessly to help build that Institute. She serves as the Director of Medical Student Education at the ILM and for 7 years has been the co-director of the Harvard Medical School (HMS), CME Tools for Promoting Healthy Change and the assistant director of the HMS CME Active Lives. Dr. Frates envisioned the idea of students getting together and discussing healthy lifestyle choices and made this vision come true by creating the first lifestyle medicine interest group (LMIG) for the Harvard Medical School, which continues to thrive and has been replicated in many institutions including Stanford. Dr. Frates is now working with the Professionals in Training (PiT) committee at the American College of Lifestyle Medicine to help them set up standard procedures for creating a LMIG, and with the PiT she is co-crafting PowerPoints for the LMIG groups to utilize across the country. Dr. Frates serves as the ACLM Board Liaison for the PiT committee.

Dr. Frates is an award winning teacher at Harvard Medical School earning distinctions for her tutorial facilitation work in multiple courses taught to the first and second year students at HMS including the Central Nervous System, Musculoskeletal System, Endocrine System and Introduction to the Profession of Medicine. In the fall of 2014, she created and taught the first lifestyle medicine course at Harvard, Psych E 1037 Introduction to Lifestyle Medicine at the Harvard Extension School. This course received rave reviews with an evaluation of 4.9 out of 5 for the course overall and for her as an instructor, earning her another award for her teaching. Dr. Frates is passionate about sharing her knowledge, experience, and research.

Dr. Frates has trained in many different programs addressing behavior change in order to learn how to empower people to adopt healthy habits, those that prevent stroke and other lifestyle related diseases. This training includes a certification in Motivational Interviewing from UMass, certification in health and wellness coaching (having studied four different programs including the Diabetes Prevention Program Lifestyle Coach), Mind Body Medicine with Dr. Herb Benson's group, and Mindfulness Based Stress Reduction with Dr. Jon Kabat-Zinn's group. She has co-authored articles on wellness coaching as well as a chapter on coaching in Rippe's Textbook of Lifestyle Medicine (2nd edition). She has been actively involved with teaching evidence based wellness, healthy habits, stroke prevention as well as lifestyle medicine at the Harvard Medical School, at Continuing Medical Education Conferences both nationally and internationally for years now.

Dr. Frates founded her own wellness coaching company, Wellness Synergy in order to empower individuals and groups to attain their optimal level of wellness. In fact, she piloted wellness groups for stroke survivors and their caregivers at Spaulding a couple of years ago. She has developed 12 Steps to Wellness, which has helped people move from sitting on the couch eating potato chips to walking and tracking their steps with pedometers as well as enjoying fruits and vegetables. In January 2015, she accepted the position of Director of Wellness Programming for the Stroke Institute at Spaulding Rehabilitation Hospital a Harvard Medical School Affiliate and has been successfully running wellness groups there.