



Dr. Rippe is a graduate of Harvard College and Harvard Medical School with post graduate training at Massachusetts General Hospital. He is currently the Founder and Director of the Rippe Lifestyle Institute, and Professor of Biomedical Sciences at the University of Central Florida.

Over the past 25 years Dr. Rippe has established and run the largest research organization in the world exploring how daily habits and actions impact short and long-term health and quality of life. This organization, Rippe Lifestyle Institute (RLI), has published hundreds of papers that form the scientific basis for the fields of lifestyle medicine and high performance health. Rippe Lifestyle Institute also conducts numerous studies every year on physical activity, risk factor reduction, nutrition and healthy weight management. Further information on RLI may be obtained by visiting RippeHealth.com

He edits the only academic textbook in lifestyle medicine (Lifestyle Medicine, 2nd Edition, CRC Press, 2013) and is Editor in Chief of the American Journal of Lifestyle Medicine (Sage Publishers). Dr. Rippe has written or edited 50 books including 31 academic textbooks and 19 books for the general public. Dr. Rippe's books may be accessed on his Amazon book page at

http://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=james+ripped&rh=i%3Aaps%2Ck%3Ajames+ripped

A lifelong and avid athlete Dr. Rippe maintains his personal fitness with a regular walk, jog, swimming and weight training program. He holds a black belt in karate and is an avid wind surfer, skier and tennis player. He lives outside of Boston with his wife, television news anchor Stephanie Hart and their four children, Hart, Jaelin, Devon and Jamie.