Dr. Paul Arciero

Best-Selling Author, Keynote Speaker & Performance Expert

PRISE®
THE GIFT OF VITAL NUTRITION AND FITNESS

More info visit www.paularciero.com and www.priselife.com

Dr. Paul J. Arciero, FACSM, FTOS, FISSN, is a best-selling author, dynamic keynote presenter, and a Fellow of three leading health organizations in the world; the American College of Sports Medicine, The Obesity Society and the International Society of Sports Nutrition. He serves as a scientific advisory board member to the nutrition, fitness, health and wellness industries and is a leading expert in nutrition and fitness lifestyle interventions to optimize health and heighten physical and cognitive performance. He has spoken to leading organizations around the globe including NASA, Isagenix International, The American Heart Association, Nintendo, Computer Sciences Corporation (CSC), the National and American Hockey Leagues, the Women Presidents' Organization, The National Institute of Health, The American Psychological Association, Johnson & Johnson, The US Army Research Institute of Environmental Medicine, The National High School Coaches Association and General Electric.

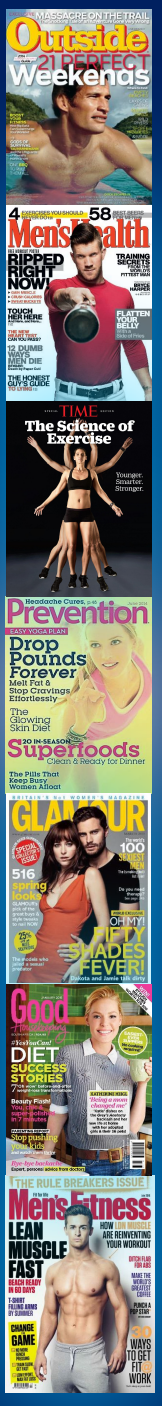
Dr. Paul Arciero has published more than 60 peer-reviewed research studies on performance nutrition and exercise training in the world's most respected science journals and his research has been extensively funded by leading government agencies, philanthropic organizations and nutrition companies.

One of Dr. Paul's most important scientific discoveries was the observation that consuming the right type, amount and timing of protein with and without exercise training reduces total body and abdominal fat to a greater extent than three "traditional" meals per day. This work was published in the Obesity Journal in 2013 and Journal of Applied Physiology in 2014 and led to the terms **Protein Pacing®** and the **PRISE® Life Protocol**, as well as numerous additional peer-reviewed publications. Dr. Paul was recently appointed to the International Protein Board, an elite 15 member board of the leading protein scientists in the world.

Dr. Paul's work is extensively cited in medical publications such as the American Heart Association, Duke Medicine Health News, Science Daily, and has been featured in The Wall Street Journal, Fox News, Prevention, Good Housekeeping, WebMD, O Magazine, TIME, Huffington Post, Daily Mail, SELF, Glamour, Shape, Health, Women's Health, Women's World, Muscle and Fitness, Men's Fitness, and Men's Health.

He has taught and trained hundreds of thousands of people, with live audiences as large as 30,000 people and has been invited to speak at more than 200 conferences around the world. He regularly serves as a sports performance nutritionist for collegiate (NCAA Div. 1-III), Olympic (cyclists, speed skaters, rowers, biathletes) and professional athletes.

Dr. Paul is President and CEO of PRISE LLC, Director of the Human Nutrition and Metabolism Laboratory and Professor in the Health and Human Physiological Sciences Department at Skidmore College. He was an Advisory Board member for seven years for the American Heart Association until 2017. He is an Adjunct Research Professor in the Psychology & Neuroscience Department at Union College and received his undergraduate degree from Central Connecticut State University, a M.Sc. in exercise physiology from Purdue University, and a M.Sc. in nutritional sciences from University of Vermont. He received his doctorate from Springfield College with a specialization in nutrition and exercise science and completed post-doctoral fellowship training in applied physiology from Washington University School of Medicine.



Dr. Paul Arciero

Popular Programs

More info visit www.paularciero.com and www.priselife.com

The PRISE® Life Protocol – The New Science of Nutrition and Fitness

Despite an abundance of easily accessible information, most people still struggle to make sense of when, what and how to eat and exercise for optimal health and performance. This "information overload" has created confusion, frustration and an epidemic of inaction, leading to the opposite effect of what it was designed to prevent --- physical inactivity, poor eating habits, stress, and disease. This presentation will provide attendees with easy-to-follow and scientifically proven lifestyle strategies to optimize health and performance using the evidence-based lifestyle program created by Dr. Paul Arciero called PRISE® Life encompassing the acronym for Protein Pacing (P); Resistance (R); Interval (I); Stretching (S); and Endurance (E) fitness training combined with his proven mind/body techniques. Too often, nutrition, exercise, and mind/body guidelines are prescribed independently or in opposition to each other. Attendees will learn how to incorporate strategies in an easy-to-follow daily routine so they complement each other and work in synergy with lifestyle and fitness needs.

The PRISE® Life is easily customizable for disease prevention in the realm of heart disease, diabetes, cancer, inflammation and metabolic disease as well as specific diet and nutrition techniques, such as:

Paleo Learn to apply the PRISE® Life principles specific to the Paleo diet guidelines to maximize fat loss, lean muscle mass, blood sugar control, physical performance benefits

Ketogenic Augment the benefits of the ketogenic diet using PRISE® Life to enhance fat loss, manage weight control, improve cardiovascular health and fitness

Plant-based Incorporate the many health benefits of the Plant-based diet plan into the PRISE® Life Protocol to generate additional health and fitness gains

Mediterranean The combined proven science of the Mediterranean diet with the PRISE® Life Protocol makes this one of the world's most effective lifestyle plans to optimize health and fitness

MIND Diet There is a growing emphasis and focus on nutritional strategies to enhance cognitive function across the age and health spectrum. The MIND diet and the PRISE® Life Protocol utilize the latest research to elevate cognitive function to an all-time high!

Dr. Paul Arciero

Cognitive Health Programs

More info visit www.paularciero.com and www.priselife.com

Exergaming Meets the PRISE® Life Protocol: The New Science of Brain Health

Cognitive decline is a growing public health concern with a myriad of causes. The most common form is mild cognitive impairment (MCI) which often progresses to dementia, such as Alzheimer's disease, with diagnoses approaching 1 million by 2050. Research suggests if the onset of dementia and cognitive decline could be delayed a few years the impact may be dramatic, reducing prevalence by 1 million cases after 10 years in the United States alone. Delaying progression of dementia for two years may reduce the incidence of disease by a whopping 18 million cases globally per year! To date, there is no cure for dementia, including conventional medical interventions. However, a growing body of scientific literature demonstrates the intrinsic value and benefit of specific forms of physical exercise combined with nutritional strategies to reduce the risk of dementia onset and even augment cognitive function and overall behavioral mood state. In this keynote presentation, Dr. Paul captures the audience with scientific research he has conducted and compiled from other leading scientists demonstrating the potential of combined physical activity and nutritional lifestyle intervention strategies to enhance brain function, mood state, overall health and physical performance.

The Mindset of Fitness & Health: Overcoming the Body's Subconscious Programming

For many people the thought of beginning a new lifestyle of diet and exercise is daunting. Unfortunately, the greatest challenge is overcoming the "conditioned" subconscious response that has been a major part of our life story, and instead creating a mindset that is based on our innate ability to heal and transform our bodies -- a capacity that's been with us since birth. Most people fall victim to their subconscious programming and end up sabotaging any healthy lifestyle changes they try to implement. Dr. Paul teaches techniques to retrain your conscious, subconscious and superconscious minds to unlock the magic and potential within all of us to achieve optimal health. His fitness and cognitive techniques are based on 30 years of successful research studies, fitness coaching and client cases. He leads the audience through the science, philosophy, physiology, and finally the art of application in the areas of nutrition, fitness, and mind-body training to create an entirely new approach of optimal living.

Abbott Nutrition · Adirondack Health Better Health, Better Lives · Johnson & Johnson · American Heart Association. Learn and Live · Villanova University M. Louise Fitzpatrick College of Nursing · MacDonald Center for Obesity Prevention and Education · MVP Health Care

Dr. Paul Arciero

Customized Programs

More info visit www.paularciero.com and www.priselife.com

Peak Fitness and Performance for Executive Women in the Workplace

Achieving leadership roles and staying at the top of a professions is never easy, often resulting in the sacrifice of health and relationships and leaving us exhausted and unable to navigate all aspects on the way to the top. True life balance has much to do with having the physical stamina and proper nutrition to fuel the myriad of activities required by the diverse responsibilities we owe to ourselves, our families and the strenuous demands of the workplace.

As we push to the top of our professional game, our health, families and relationships should reflect the success we've attained with our careers. Finding a way to make this doable for those with overriding time commitments is exactly what this program is designed to do in a manner that is practical and achievable for high-performing women in the workplace.

Dr. Paul Arciero has created scientifically proven lifestyle strategies using his PRISE® Life Protocol of supreme nutrition, fitness and mind-body techniques so women can thrive in leadership roles while bringing greater fulfilment to relationships and maintaining a higher level of satisfaction in all areas of life. This practical program is designed for women who find there is never enough time in the day to 'do it all' by offering realistic strategies, meal plans and exercise protocols that are both effective and geared for those with busy lifestyles.

KEEP Your Eyes on the PRISE® Life to Conquer Obesity

Obesity rates in the US are at an all-time high for all segments the population. Among adults, obesity prevalence is 40% overall and is even higher for certain races such as Non-Hispanic blacks and Hispanics at 48%. Sadly, one in five youth are considered obese (20% prevalence). The associated annual medical costs of obesity are in excess of $190 billion and this doesn't include the $4.3 billion in work-related loss (absenteeism and lower productivity).

Unfortunately, our current Westernized lifestyles of a high fat, sugar and salt diet combined with low levels of physical activity are major reasons for the obesity epidemic. The good news is the PRISE® Life Protocol is a scientifically proven solution to conquer the obesity problem. Dr. Paul Arciero, the creator and scientist behind the PRISE® Life Protocol, is an international renowned keynote speaker, best-selling author and consultant to the health and wellness industry. His mission as a change agent to revolutionize the way we eat and exercise at work and home utilizing his PRISE® Life Protocol is to reverse the obesity epidemic to lower the economic burden of obesity on the healthcare system, improve lives and increase productivity in the workforce.

Keep Your Eyes on the PRISE® Life to Defeat Diabetes

Currently more than 100 million Americans have diabetes (>30 million) or prediabetes (>80 million) that often lead to major health problems. Of the one-third of U.S. adults, or 1 in 4 adults with prediabetes, the vast majority have no idea they have the disease and therefore make little if any effort to properly manage the condition. The highest rates of obesity are among American Indian (15%), non-Hispanic blacks (13%), and Hispanics (12%). The healthcare costs of diabetes are in excess of $325 billion annually.

Currently, medications are the primary first-line of defense to treat both diabetes and prediabetes. However, it's well known that lifestyle factors are much more cost-effective in preventing and treating these conditions if properly administered. Dr. Paul Arciero has conducted firsthand scientific research documenting significant improvement in diabetes risk in people of all ages and health status using his PRISE® Life Protocol.

Dr. Paul Arciero

Testimonials

More info visit www.paularciero.com and www.priselife.com

"Thank you, Paul, for your wonderful work and for the pleasure it gives me to see how you have focused on principles in the health and fitness dimension, much like my father and I have focused on principles in the human and organizational effectiveness dimension. Seeing a parallel focus around universal principles is what continues to make my life infinitely rewarding." —**Stephen M.R. Covey**, Author of the New York Times and the Wall Street Journal best-selling book, The Speed of Trust, former president and CEO of Covey Leadership Center

"At age 55, I began a march from a La-Z-Boy lifestyle to a 2011 gold medal-winning National Cycling Championship podium. In two short years, Dr. Paul helped me achieve what seemed to everyone around me to be impossible. By following his nutrition, exercise, and health protocols, I leapfrogged competitors who'd been diligently training for decades." —**Bill Watkins**, world-class athlete, founder of The Lions Pride

"Dr. Paul masterfully guides the reader through a maze of diets and exercise programs. Dr. Paul's writing style personally reaches out to you, to guide you in improving your performance. He navigates through current complex and sometimes conflicting research on nutrition and exercise and designs a simple, yet comprehensive evidence-based program with his passionate prose." —**Gaetano J. Scuderi**, MD, certified orthopedic spine surgeon, professor, Stanford University

"This book will be instrumental in creating a health and fitness movement that we have not yet experienced in this century." —**David T.S. Wood**, speaker, trainer, and philanthropist

"Dr. Paul's Protein Pacing Diet eloquently combines his outstanding scientific acumen and passion for us all to lead fulfilling and meaningful lives by successfully optimizing human performance, health, and relationships." —**Meghan Downs**, Ph.D., NASA physiologist

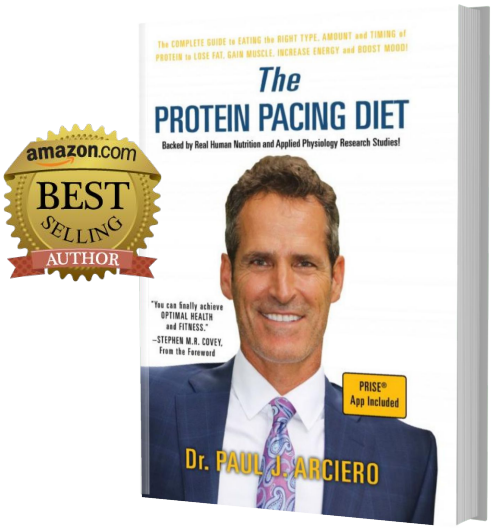
"Protein Pacing and The PRISE Life Protocol answers all our needs to stay in shape. Dr. Paul helps us understand how our bodies work the most efficiently and keep us fit for what he calls this 'race of life.' Dr. Paul is a remarkable resource for the sports science community." —**Amy Peterson,** USA short track speed skating, five-time Olympian

"Dr. Paul Arciero's PRISE Life is truly the way to a healthy lifestyle, better performance, and happier life." —**Brad Faxon**, PGA champion

Dr. Paul Arciero

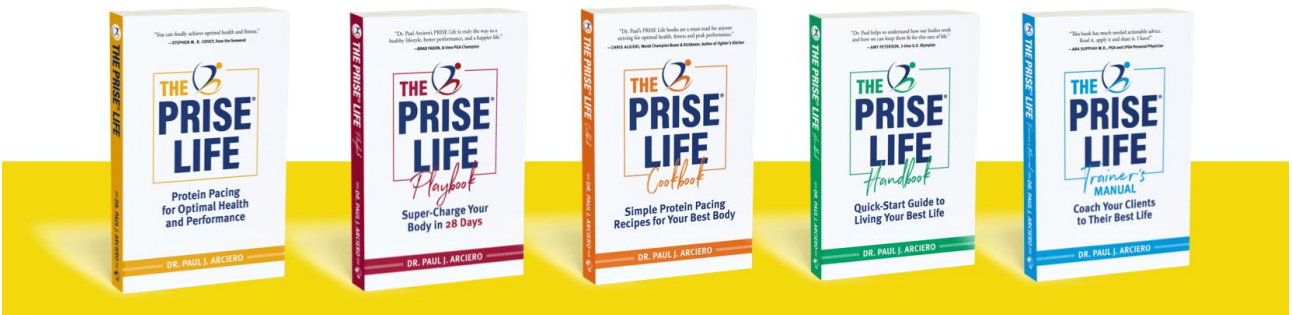
Books

More info visit www.paularciero.com and www.priselife.com



Dr. Paul's Protein Pacing & PRISE® Life secrets are finally revealed - from what to eat and when to eat using his 'Morning Muscle Maximizer' and 'Bedtime Bellyfat Burner', to debunking the many health, fitness, and diet myths that arise daily. Consulted by the highest level media outlets - O Magazine, The Wall Street Journal, Fox News, Prevention, Good Housekeeping, WebMD, TIME, Huffington Post, Glamour, Women's Health, Men's Health, and many more - he answers the call to share his knowledge. It's time to join the millions of people worldwide who have heard his message: Put an end to fad diets and harmful exercise programs, and 'Never Diet Again' by Keeping Your Eyes on the PRISE!

The PRISE Series Coming 2020!



Dr. Paul Arciero

Booking Info

More info visit www.paularciero.com and www.priselife.com

Dr. Paul is available to bring a high-level, high-impact, high-energy presentation for your next convention. His scientifically-researched protocols will help you live your healthiest and happiest life yet.

He is the perfect fit for the intellectually astute crowd who is well-versed in performance and nutrition, and is equally as engaging for those who are just beginning their quest for a healthier lifestyle.

Corporations benefit from his positive approach to simple solutions-focused fitness strategies that work for the busy professional. From the boardroom to a hotel room the PRISE Life Protocol can be implemented to increase energy, sustain a rigorous career and live a longer, more-productive life.

Contact the PRISE Life Team to book Dr. Paul Today.

For Booking Contact:

April O'Leary

239-777-3241

april@olearypublishing.com

For Media Inquiries Contact:

Nikki Bussard

305-393-6703

nikki@marketingbodega.com