



Amy Hendel www.healthgal.com

Amy Hendel, a Master's Level Registered Physician Assistant (R-PA), has more than 20 years experience providing nutrition and fitness therapy, counseling, education and consulting services to patients. Additionally, Amy is certified in nutrition and exercise physiology and has her own family lifestyle therapy practice.

Through her work with clients, as a health contributor on NBC's *Today Show* and as a featured blogger/expert on healthcentral.com, Amy has become a leading voice on the topic of lifestyle habits for families. She is a recognizable medical and lifestyle reporter, with regular guest appearances on a variety of national television programs, including *Good Morning America*, *The Rachel Ray Show* and *The Early Show*. Amy also has worked as a health reporter and medical expert at numerous local stations in California, including for KEYT (ABC) in Santa Barbara, KESQ (ABC) in Palm Springs and KCBS in Los Angeles.

Amy's work as a print journalist has appeared in the *Los Angeles Times* and *Los Angeles Daily News*. She penned the column, "The HealthGal Corner," for *Best Body* magazine. In 2008 Amy released her first book, *Fat Families Thin Families*, an easy-to-read guide to help families make healthy new habits a part of everyday life, with sensible time-saving and budget-saving tips that can work for any family. The book is scheduled for release in paperback in 2010 under a new, yet-to-be determined title.

Amy received her Bachelor of Science/PA degree from the The Brooklyn Hospital Physician Program at Long Island University where she specialized in Internal and Dependency Medicine and Medical Nutrition. She is an active member in American Association of Physician Assistants and American College of Sports Medicine. Visit Amy at www.healthgal.com.