

## **Holly Wyatt, MD**

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Dr. Wyatt earned her medical degree from Baylor College of Medicine in Houston, Texas, and completed her internal medicine and endocrinology training at the University of Colorado. She is a practicing physician and clinical researcher at the Anschutz Health and Wellness Center (AHWC), Aurora, Colorado, and is the co-founder and medical director for The State of Slim a transformative weight loss program that specializes in long-term strategies for weight management and transforming your life. Dr. Wyatt has more than 20 years of clinical experience in weight reduction using behavioral treatment, dietary therapy, physical activity interventions, weight loss medications, and surgery. She was the medical director for seasons four and five of ABC's TV show *Extreme Weight Loss*. Dr. Wyatt has spent much of her research career following more than 10,000 "successful losers" in the National Weight Control Registry to investigate what makes people successful during their weight loss journey. She also has investigated the reasons why Colorado is the leanest state in the nation. Her passion for and expertise in helping obese individuals successfully transform their bodies, minds, and lifestyles has made her a popular clinician, speaker, and obesity educator. She shares much of what she has learned in her book *State of Slim*, co-authored by James O. Hill, PhD. and is co-founder of Shakabuku LLC, a company that brings State of Slim practices to organizations, groups and individuals across the country.