



## Precision Wellness INITIATIVE

This mission of the Precision Wellness Initiative (PWI) at UA is to bring together and integrate scientific communities around research, next-generation technology, personalized nutrition and lifestyle to optimize the state of health for every individual.

The PWI Symposia Series shares perspectives from internationally recognized scientists, followed by discussions with a local panel of expert researchers.

## SYMPOSIA SERIES

WEDNESDAY APRIL 24, 2019

5:00PM - 7:00PM

Student Union Memorial Center, North Ballroom  
1303 E University Blvd, Tucson, AZ 85721

*Refreshments Served*

### Healthy As A Hunter-Gatherer: Paleofact and Paleofiction In Modern Metabolic Medicine

How do our modern lifestyles promote obesity, diabetes, and other metabolic disease? In this talk I discuss recent work from living hunter-gatherer populations exploring the ways in which their diet and daily physical activity lead to their remarkable metabolic and cardiovascular health. Research with these cultures are shedding surprising new light on how our bodies burn calories and stay healthy.



### Herman Pontzer, PhD

Evolved To Exercise  
Duke University



Dr. Herman Pontzer is the author of 'Evolved to Exercise', the *Scientific American's* January 2019 cover story.

### PANEL DISCUSSION BEGINS AT 6:00PM

#### Moderator

David Raichlen, PhD

#### Panelists

Scott Going, PhD

Melanie Hingle, PhD

Yann Klimentidis, PhD



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