



Population Health & Well-being Series

**Importance of exercise
as a modality for wellbeing**

Live Webinar

Monday, November 21, 2022
4:00 to 5:00 PM (Doha time)



Speaker

Sheela Nambiar, MD

Obstetrician-Gynecologist
President, Indian Society of Lifestyle Medicine

Dr. Sheela Nambiar is a practicing obstetrician-gynecologist who runs her own clinic in South India, a lifestyle medicine physician, a best-selling author and a passionate advocate for women's wellness, fitness and positive lifestyle change.

Dr. Nambiar is a graduate of Madras Medical College and Kasturba Medical College Manipal, graduating as a Gold Medalist from the latter. She is a board-certified lifestyle medicine physician (British Society of Lifestyle Medicine), fitness consultant (National Association of Fitness Certification), and holds a certificate in positive psychology from the University of Pennsylvania. She is passionate about women's health and enables their empowerment through the practice of gynecology, lifestyle medicine, fitness, and counselling for positive behavioral change. She is a founder member and the current President of the Indian Society of Lifestyle Medicine, an advisory board member of *Lifestyle Medicine* Global Alliance, a council member of the True Health Initiative, an advisory council member of the World Positive Health Institute, a board member of the Asian Lifestyle Medicine Council, and is on the editorial board of *Lifestyle Medicine*, the journal of the British Society of Lifestyle Medicine. She is also a speaker at TEDx and other national and international forums and conferences, as well as running her own wellness program for women called Training for Life.

Dr. Nambiar is the author of three best-selling books on fitness, exercise and holistic wellbeing: *Get Size Wise – Training for Life for the Indian Woman*; *Gain to Lose – An Essential Guide to Losing Fat by Gaining Muscle*; and *Fit After 40 – For a Healthier, Happier, Stronger You*. She currently writes for the Rotary News Magazine and has written for the national newspaper The Hindu for 15 years on various topics related to health, fitness, wellbeing, lifestyle, and behavioral change.

