

# Walter M. Bortz II, M.D.

# Fact Sheet

## BIO

Walter M. Bortz II, M.D., is a Clinical Associate Professor of Medicine at Stanford University School of Medicine and a graduate of Williams College, *cum laude*, and the University of Pennsylvania School of Medicine.

Recognized as one of America's most distinguished scientific experts on aging and longevity, Dr. Walter Bortz's research has focused on the importance of physical exercise in the promotion of robust aging. Dr. Bortz has written over 130 medical articles for such publications as *JAMA*, *Annals of Internal Medicine*, *The New England Journal of Medicine*, *American Journal of Public Health*, and *Journal of Biological Chemistry*, as well as articles for lay publications such as *The New York Times*, *Washington Post*, *San Francisco Chronicle*, and *Town & Country*. He is a regular columnist for *Runner's World* and the *Diabetes Wellness Letter* and has authored or co-authored seven books.

Dr. Bortz is past co-chairman of the American Medical Association's Task Force on Aging, former President of The American Geriatrics Society, past President of the Palo Alto Senior Center, and is currently Chairman of the Medical Advisory Board for the Diabetes Research and Wellness Foundation, as well as a Senior Advisor to Healthy Silicon Valley, a community collaborative effort which addresses the soaring incidence of obesity and diabetes.

An avid runner, the 80-year old Dr. Bortz runs 16 miles per week and has run 40 marathons, including the 2008 New York Marathon and the 2010 Boston Marathon.

## Public Speaking Topics

Dr. Bortz gives about 50 speeches per year to corporations, professional associations, educational groups, and other associations. Programs can be formatted as keynote addresses or as all-day events.

### Health Wealth: 99 Ways to Maximize Bottom-line Corporate Performance

America's health care bill now exceeds the total GDP of France and it's getting worse. Dr. Bortz presents a new paradigm for reducing healthcare expenses while improving individuals' health.

### We Live Too Short and Die Too Long

There are now over 3 million people in the United States over the age of 85, Dr. Bortz, estimates our potential life expectancy to be 120 years. Based on *We Live Too Short and Die Too Long*, Dr. Bortz shares both the latest research, and his own findings gleaned while serving as a primary care physician for dozens of 100-year-old patients.

### Dare To Be 100

A bestselling expert on aging and geriatric care, Dr. Bortz offers his prescription for achieving longevity while assuring our quality of life, explaining how and why we should all strive to be 100. Based on *Dare To Be 100*, Dr. Bortz overturns the myths of aging, arguing that its negative effects are due to disuse, not disease. Supported by his lifelong research, this unique and practical program explains his breakthrough 99-step plan for keeping active physically, mentally and spiritually.

Other topics include **Nutrition/Fitness, Diabetes, Heart Disease and Obesity and Healthcare Reform.**

## Awards:

Paavo Nurmi Award, *Runners World Magazine* 1986  
University of California, San Francisco - Institute for Health & Aging, Distinguished Leadership Award 1990  
Kenneth Cooper Award for Scientific Contribution to Active Living  
George Sheehan Award - National Fitness Leader's Association 1996  
American Society on Aging, Presidential Award 2002  
Avenidas Lifetime Achievement Award, Palo Alto, CA 2007

## Speeches & Guest Appearances (Partial listing)

Today Show  
Good Morning America  
CNN  
University of California, San Francisco  
US House of Representatives  
National Institutes of Health  
Santa Fe Institute  
Commonwealth Club  
Bohemian Club  
Million Dollar Round Table  
New York Academy of Medicine  
Harvard Medical School  
Osgood File  
700 Club  
Smith Barney  
University of Pennsylvania Medical School  
Cisco Systems  
Williams College  
Lansing Community College  
50 Plus Lifelong Fitness  
Leakey Foundation

## Books

*We Live Too Short and Die Too Long*  
*Dare To Be 100*  
*Living Longer for Dummies*  
*Diabetes Danger*  
*Diabetes Weight-Loss System*  
*The Roadmap to 100:*  
*The Breakthrough Science of Living a Long and Healthy Life* (Palgrave Macmillan, Apr. 2010)  
*Next Medicine: The Science and Civics of Health* (Oxford University Press, Dec. 2010)

## Contact

For public speaking bookings, interviews, questions, & comments:

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