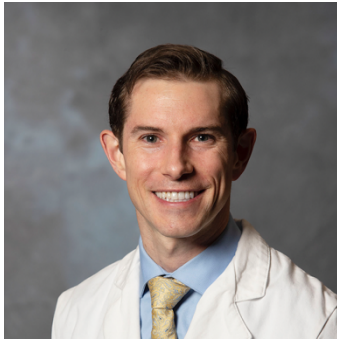


Biography Dr. Jonathan Bonnet



Jonathan Bonnet is board-certified in family, sports, obesity, and lifestyle medicine. He is an associate professor (affiliate) at Stanford University School of Medicine and the program director of medical weight loss at the clinical resource hub weight management center at the Palo Alto VA. Jonathan has a background in exercise physiology and is a certified personal trainer.

He completed his undergraduate and medical school degrees at Ohio State University before finishing his family medicine residency at Duke University, and his sports medicine fellowship at the University of Florida. He also holds a master's degree in public health from Harvard.

Jonathan serves on the board of the American Board of Lifestyle Medicine and co-chairs the American College of Lifestyle Medicine's (ACLM) 30-hour CME board review course. He also serves as the advisor for the Emory University Lifestyle Medicine Interest Group and previously served on the board of the American College of Lifestyle Medicine. He has co-authored two editions of the Lifestyle Medicine Handbook and the first edition of the Medical Fitness Bible. He has published research in sleep medicine, nutrition, sports and exercise, obesity, and behavior change, and serves on the editorial board of the American Journal of Lifestyle Medicine.