

James A. Levine, MD, Ph.D.

Professor of Medicine, Mayo Clinic

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With more than 20 years of experience in the world of medicine, over 30 awards and honors to his name and over 25 invited professorships, James A. Levine, MD, Ph.D., is the world's leading expert in the field of N.E.A.T.TM (non-exercise activity thermogenesis) research.

N.E.A.T. is the scientific term for energy expended during everyday activities, not including sleeping, eating or sports-oriented exercise. Examples of N.E.A.T. include, going to work or school, playing the guitar, talking, or walking in the mall.

Levine led the most detailed and data-rich study of obesity ever undertaken at the Mayo Clinic over the past decade. During that time he developed data to support the importance of N.E.A.T. in everyday living and subsequently created the concept for a patent-pending walkstation to help combat obesity at the workplace.

Currently, Levine is a professor of medicine at the world renowned Mayo Graduate School of Medicine. To date he has been published in over 80 journals and other publications.

Levine received his Bachelor of Science, Doctor of Philosophy and Doctor of Medicine from the Royal Free Hospital School of Medicine.