



Host: Dr. Partha Nandi

- SHOW # DN-116 -

- INITIAL FEED DATE: THURSDAY, OCTOBER 10, 2019 -

SYNOPSIS

Fitness with a Purpose

When it comes to achieving fitness goals, everyone does it their own way. But to be successful, you have to have a plan. Dr. Nandi, MD sits down with Fitera founder Chad Tackett, who started one of the first fitness communities on the internet. Yoga instructor Diane Body on the body positive movement and yoga for everyone. And more.



Host: Dr. Partha Nandi

- SHOW # DN-143 -

- INITIAL FEED DATE: THURSDAY, OCTOBER 17, 2019 -

SYNOPSIS

Suicide – How Can We Stop this Epidemic?

As a health hero, one of the most important things to Dr. Partha Nandi is your mental health. In this episode, he tackles the incredibly tough topic of suicide with Ruth Soukup, a suicide survivor and two other guests who's families have been touched by the loss of a loved one. Do you think a loved one might be contemplating suicide? Find out the signs with Dr. Suvrat Bhargave. Plus, author Steve Simpson joins Dr. Nandi to talk about how Hollywood is changing the face of mental health awareness.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-117 -

- INITIAL FEED DATE: THURSDAY, OCTOBER 24, 2019 -

S Y N O P S I S

Diet is a Four Letter Word for Failure

Be Your Own Health Hero is Dr. Nandi's MD mantra. He knows the weight struggle is real. Peter Thomas from the Biggest Loser, Florine Marks from Weight Watchers and affirmation/exercise guru, Patrica Marino all discuss how they have grappled with weight and won with their prescriptions for life.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-144 -

- INITIAL FEED DATE: THURSDAY, OCTOBER 31, 2019 -

S Y N O P S I S

Simple Workouts for Every Age

Are you ready to get moving? Dr. Partha Nandi and his guests are excited to share simple workouts for every age! Celebrity trainer Brett Hoebel demonstrates “big bang exercises” that strengthen key muscles and burns calories fast. You’ll also learn all about “couch compensating”, how movement helps detox the body, ways to get kids moving and a millennia-old form of energy exercise. Plus, how an actor that struggled with addiction and grief turned his life around.

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