



Phil Maffetone
Retired practitioner, health-
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Philip Maffetone is a graduate of National University of Health Science and writes and lectures on a wide range of health and fitness topics surrounding human performance. He has authored over 20 books and textbooks, publishes scientific research, and is a retired clinician and sports coach who implemented biofeedback, exercise physiology, physiotherapy, nutrition, and other approaches. Phil is also a professional singer-songwriter and music producer.

He currently consults, writes general and research articles, lectures in various areas of health and fitness, and is retired from clinical practice (PhilMaffetone.com). Phil continues writing, recording, producing, and performing music (MaffetoneMusic.com).

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