

Bio Sketch

Lisa Morrone, PT



LISA MORRONE is a physical therapist, professor, author, and speaker who encourages people to get healthy for *Heaven's* sake. Lisa's can-do instruction will empower you to:

- Invest in your health now to enjoy every stage of life.
- Maintain proper focus and fitness to maximize your calling.
- Increase your lifespan by 7-15 years!

Lisa's expertise in the subjects of resolving physical pain, overcoming overeating, protecting against and reversing diabetes, brain aging, and other life-robbing diseases has been developed throughout her 20+ years in the healthcare field. Her new book, **GET HEALTHY FOR HEAVEN'S SAKE!** equips people to feel and look younger by caring for their bodies which allows them to live long and serve strong right on through their sunset years! Other resources written by Lisa include:

 **OVERCOMING BACK AND NECK PAIN**  **OVERCOMING OVEREATING: IT'S NOT WHAT YOU EAT, IT'S WHAT EATS YOU**
 **OVERCOMING HEADACHES AND MIGRAINES**  **DIABETES: ARE YOU AT RISK?**

National and international print, internet, television, and radio programs have sought out Lisa's wisdom and practical advice to help their audiences regain the pain-free life they used to enjoy, break their unhealthy cycle of fixating on food, or rein in runaway blood sugar with diet and exercise. Lisa has written numerous articles for the *P31Woman* magazine, is a contributing author for the Health and Well-Being column of Everyday Life on the Proverbs 31 Ministry website, and has been interviewed on Time Warner's *Christian Momlogic*. In addition, she has appeared on CBN's nationally syndicated broadcast, *The 700 Club*.

In 1989, Lisa graduated magna cum laud from the physical therapy program at the State University of New York at Stony Brook. One year later, in addition to patient treatment, she began serving as Adjunct Professor in the entry level and post-professional doctorate programs for Physical Therapy at Touro College, NY. Presently Lisa owns her own private practice, specializing in the field of orthopedic, manual (hands-on) physical therapy. She is the President and Founder of *Restoring Your Temple*[®], a company dedicated to assisting people to age well, live long, and serve strong. Lisa is a graduate of *The Proverbs 31 She Speaks Conference*, from both the Professional Speakers and Writers tracks.

Lisa's passion for health and wellness—physical, emotional, and spiritual, pervades all that she does...writing, speaking, treating, and living! Sharing life with her husband, Peter and their two teenagers, Casey and Adam, brings her extreme joy—except when she has to pick up after them! A warm, sunny day will find her out biking, walking along the boardwalk, or simply laying back in a beach chair enjoying the nearby ocean.



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