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Dr. Roizen is author of the award-winning series of “ RealAge ” books and co-authored with Dr. Mehmet Oz the YOU: The Owner ’ s Manual series of bestselling books. He is a lecturer, TV personality, radio talk show personality, and an advocate of exercise and living the healthy life... and he practices what he preaches.

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Dr. Roizen also co-authored, with Dr. Mehmet Oz, YOU: The Owner ' s Manual series of bestselling books. Each week Dr. Roizen brings you medical news of the week, everyday health tips and informative interviews with the nation ' s leading health practitioners.