



DR. ALICIA SHELLY

Obesity Medicine Physician



ABOUT DR. SHELLY

Dr. Shelly is an engaging and motivational speaker dedicated to transforming lives through healthy living. With over 10 years experience as a Board Certified Internal medicine and Obesity Medicine Physician, she brings tremendous expertise to every presentation.

Dr. Shelly provides realistic, actionable strategies to empower individuals and organizations to take control of their health. Her warm, relatable style allows her to connect deeply with audiences.

Known for her evidence-based approach, she translates complex concepts into accessible advice. Dr. Shelly's dedication extends beyond the hospital walls. Whether delivering a keynote speech or through her podcast, she inspires lasting change so participants leave feeling heard, understood, supported, and equipped to achieve their weight loss and wellness goals.



BACK ON TRACK PODCAST

From building habits that stick, to overcoming demotivation, to changing your self-talk — this show equips listeners with simple yet powerful steps to achieve lasting weight loss success.



Dr. Alicia Shelly

SERVICES OFFERED:

- Keynote speaking
- Corporate wellness programs
- Expert commentator

SPEAKING TOPICS INCLUDE:

- Healthy living principles
- Healthy eating to increase productivity
- 5 principles of health to improve employee retention
- Updates in Obesity Medicine

CONTRIBUTING AUTHOR



Chapter 12: From Despair to Joy



Chapter 22: Just Start

WHAT OTHERS SAY

GREAT QUESTIONS, A VERY GRACIOUS HOST!

“Dr. Alicia Shelly hosted us in fine fashion to discuss Whole Food Plant Based eating. Her questions were inclusive, follow-up very insightful, and overall the show was very enjoyable.”

INFORMATIVE AND PRACTICAL

“I appreciate the practical tips to getting back on track. There is something here for everyone to easily implement to live a healthier life.”

PARTNERS & MEDIA FEATURES




REUTERS



“Everyone can take control over their lifestyle. We just have to choose to do it and come up with a strategy on how to execute it.”
- Dr. Alicia Shelly

CONTACT FOR BOOKINGS & INQUIRIES

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