

HE'S SO ORIGINAL



Dr. Paul Bradley wants you to get moving.

A year and a half ago, the Savannah-born, Emory-educated internist was referred a charming, 500-lb. patient who swore that if someone could just feed her right, she could lose weight. That patient was Ruby Gettinger, and Dr. Bradley's medical advice has been spotlit on the Style Network's hit reality show *Ruby* along with nutritional takeout meals from OurLife Fitness (formerly Hourglass), the company he helped found. "Ruby's a brave lady who's motivating people tremendously." He became one of the state's first obesity specialists in the 80s after realizing he could treat weight-related diseases like diabetes with diet and exercise more effectively than with medication alone, and says education is the key to improving Georgia's status as third in the nation for childhood obesity. "It's about baby steps. Every lost pound makes you healthier—it doesn't matter if you have two hundred to go."

What do you like best about wearing a skirt? I'm enjoying the attention, but I'm not sure this pattern goes with my tie.

What do you like best about reading skirt! It features real people, and that inspires other real people to accomplish their goals.

Photo by Erin Adams