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Dr. Eric C. Westman is the Director of the Lifestyle Medicine Clinic at Duke University, the Vice President of the American Society of Bariatric Physicians, is on the editorial board of Nutrition and Metabolism and has penned articles for numerous peer reviewed publications. He is an expert in low carb diets, diabetes and obesity, and insulin resistance. How to Be Healthy. Many people think that being healthy is a difficult task that involves lots of dieting and time at the gym, but that's not actually true! By making some simple tweaks to your routine and setting small goals for yourself,... Get latest on all things healthy with fun workout tips, nutrition information, and medical content. Whether you love yoga, running, strength training, or outdoor adventure, we've got advice to ... How to Eat Healthy and Exercise. Eating healthy and exercising can seem like a pretty simple and straightforward goal; however, there are many different components to a healthy diet and fitness program. For example, you'll need to think...